

North Kitsap  
Little League  
Challengers,  
Baseball &  
Softball



Safety Plan  
2021

American	447-02-07
National	447-02-15

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## 2021 SEASON NORTH KITSAP LITTLE LEAGUE BOARD OF DIRECTORS

President	Rick Krenzelok
Vice President- Softball	Aaron Stanford
Vice President- Upper Level Baseball	Jeremy Kramer
Vice President- AAA/Majors Baseball	Jeremy Kramer
Vice President- Machine Pitch Baseball/T-Ball	Jeremy Kramer
Treasurer	Mike Driscoll
Secretary	Stephanie Byrd
Player Agents -Upper/Majors/AAA Baseball	Sabrina Krenzelok
Player Agent – Machine Pitch Baseball/T-Ball	Sabrina Krenzelok
Player Agent- Softball	Heather Kramer
Equipment	Jeremy Kramer
Uniforms	Jennifer Johnson
Facilities	Scott Knudsen
Safety Officer	Aaron Stanford
Concessions	Sabrina Krenzelok
Fields	Andy Fredericksen
Scheduling	Chris Boyd
Fundraising	Dani Priest
UIC	Chris Boyd
Public Relations/League Information Officer	Cassidy Conners
All Star Committee Coordinator	Open
Military Liaison	Open
Training & Development	Open
Volunteer Coordinator	Open
Challenger Coordinator	Heather Boyd/Sabrina Krenzelok
Sponsor & Signs	Jennifer Johnson/Mike Driscoll
Security	Aaron Stanford
Webmaster/LIO	Gerry Butler
Board Member At Large	Pat Ryan
District 2 District Administrator	Pat Ryan

\*See Appendix C for Board Contact Information

**Mission Statement:**

North Kitsap Little League's mission is to provide a safe and healthy environment in which to enjoy playing the game of baseball and softball.

**Requirement 1: Safety Officer Registered**

Aaron Stanford, a member of the NKLL Board of Directors, is registered with Little League International as the Safety Officer for North Kitsap American & National Little Leagues.

**Requirement 2: Distribution of Document**

This document will be distributed to all NKLL Board members and all managers. A copy of this document will be kept in the North Kitsap Little League clubhouse, scorebooths and concession stand. A copy will be provided to District 2. The document will also be posted on [www.nkll.org](http://www.nkll.org).

**Requirement 3: Emergency and Key Official Phone Numbers**

Important Numbers:

9-1-1 Call 911 for any emergency, especially fire or medical

When should you call 911?

9-1-1 is only to be used in emergencies. An emergency is any situation that requires immediate assistance from the police, fire or rescue. 9-1-1 is for emergencies, potential emergencies, or when an emergency is imminent. Ask yourself:

- Is there a danger to life or property?
- Is there a serious medical emergency (chest pains, seizures, bleeding, etc?)
- Is there any type of fire (building, vehicle, brush, etc?)
- Is there any crime in-progress (robbery, burglary, prowler, fights, etc?)
- Are there any other life threatening situations (traffic accident with injuries, stuck in high water, etc?)
- Is the caller or someone else the victim of a crime?

If you are ever in doubt of whether a situation is an emergency, you should call 9-1-1. It is better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

For Snider Park, provide the following address to the dispatcher:

Snider Park  
22898 Viking Way NW  
Poulsbo, Wa 98370

See Appendix D for complete listings of addresses of sites.

After dealing with immediate emergency, contact at least one of the following:

Safety Officer:        Aaron Stanford (360)509-1413

League President:    Rick Krenzelok (360)930-2105

Emergency numbers are also posted on-site in the Concession Stand.

It is also necessary to:

Notify parents immediately if they are not present. If the parents cannot accompany the player to the medical facility, the Board Member on Duty (BMOD), another NKLL Board member, the manager or rostered assistant coach must do so. In such cases, the manager must bring the medical release form – this means that the manager must bring all players' medical release forms to each practice and game.

Notify the league Safety Officer as soon as possible. If he cannot be reached, contact the league President. (Phone numbers found at top of this section).

Complete the ASAP accident form (see Appendix F) within 48 hours and provide to the Safety Officer. This applies not only to major incidents but to minor mishaps and even near-misses. (These are tracked as a proactive tool to help prevent future incidents).

Incident Report forms are also available at Snider Park in the Concession Stand and Clubhouse.

Managers should remember to talk with their team members about any incident that occurs. The players may need to be reminded of cautionary measures they should be taking. They also may need comforting if a fellow player has been hurt.

North Kitsap Little League carries insurance that serves as a supplement to individual insurance. Claims will be filled out by the Safety Officer. (See Appendix G and H).

## REMEMBER

Safety is everyone's responsibility. This includes Board members, managers, coaches, umpires and parents. Prevention is the key. Report all potentially hazardous conditions to the Safety Officer or the Board before an incident occurs. Make sure players are fully and properly equipped at all times.

#### **Requirement 4: Background Checks**

Little League Requirement:

All managers, coaches, assistants and other volunteers having repetitive access to or contact with players will be required to fill out the 2021 Little League Volunteer Application form and submit a photo ID. League officials will check name spellings and numbers for accuracy.

The North Kitsap Little League Board will conduct a background check of all volunteers against the State and National Sex Offender registry. These forms will be retained for the full year of service.

Anyone refusing to fill out an Adult Volunteer Application is ineligible to manage, coach, be a board member or league volunteer.

#### **Requirement 5: Fundamentals Training**

NKLL is offering a Coach's Clinic to every individual who volunteers to manage or coach a softball or baseball team for the spring 2021 Season. Clinic dates are currently scheduled for March 21<sup>st</sup> 2021

All managers are required to attend one of the coach clinics provided by NKLL. Assistant coaches may also attend with the manager or in lieu of the manager, for good cause.

#### **Requirement 6: First Aid Training**

First aid training for all managers, coaches and umpires will be held prior to the clinics referenced in the first paragraph of Requirement 5 above.

Per Little League policy, (i) licensed medical doctors, nurses, physicians' assistants and EMS personnel are exempt from this session due to their medical training and education and (ii) training qualifies the volunteer for 3 years, but one team representative still required to attend training each year.

Managers will be instructed to train any of their coaches unable to attend the session, including those that become coaches after the spring season begins.

#### **Requirement 7: Regular Field Inspection**

Both managers must inspect the field, including the dugout, prior to each game. Any potential

safety hazards should be dealt with prior to the start of the game, even if the game must be delayed. Rocks and debris should be removed. Holes should be repaired (heavy rakes are available at each field). Any protruding edges on fences should be bent back or covered. Make sure that disengage-able bases are working correctly.

The umpires will also look for field safety issues and will remind the managers to inspect carefully. Any issues found that require longer-term solutions should be brought to the attention of the Board of Directors immediately.

Managers should also:

- Inspect helmets, bats and catchers gear
- Make sure a First Aid kit is available.
- Make sure a working phone is available
- Make sure the players engage in proper warm-up.

### **Requirement 8: Little League Facility Survey**

This survey has been completed in hard copy and will be sent to District 2 with this manual. Field survey will also be printed and kept on file in the NKLL office.

### **Requirement 9: Concession Stand Procedures**

North Kitsap Little League has one concession stand, located at Snider Park. An active concession officer oversees that it is properly managed. Hot dogs are heated in a rotisserie style machine. Other hot foods are heated in a small electric oven (e.g., pizza) or in a microwave. No one under the age of 13 is allowed to work the concession stand. The concession stand is inspected by Kitsap County Health Officials.

- Menu: The menu consists primarily of candies, sweet beverages, hot dogs, pretzels, nachos, ice cream and pizza.
- Cooking: All cooked foods are heated to the specific guidelines. Hot dogs and other hot foods are heated to 160 degrees.
- Cold Storage: All refrigeration units are kept in proper working order. Temperatures are kept at approximately 39 degrees F.
- Hand Washing: Hand washing is mandatory as well as wearing of disposable gloves. Hand washing reminder signs are posted in the concession stand.
- Dish Washing: All dishes, pots, pans and utensils are washed using the four-step process. Signs are posted above the sink.
- Wiping Clothes: All standard issue clothes are sanitized or washed regularly.
- Insect / Waste control: All foods are properly covered. Pest inspection occurs twice a season. Garbage or trash receptacles are kept with tightly fit lids. County Health Inspectors have approved and licensed the concession stand.
- Food Storage: All food is stored on shelves off the floor according to county guidelines.

- Cleanliness: Concession stand is cleaned each night after closing. Floors and counters are sanitized.
- Workers: All concession workers will be trained in the safe use and care of equipment.

### **Requirement 10: Equipment Inspection**

Managers must make sure players are fully equipped at all times; pay particular attention to catchers and batters. (Bats must be approved for Little League play). Equipment must be inspected regularly (before every game and practice) and properly maintained. Unsafe equipment must be returned to the NKLL Equipment manager.

Catchers must wear a catcher's helmet with a dangling throat protector, shin guards and chest protector.

All Male players must wear a cup at all games and practices.

### **Requirement 11: Prompt Accident Reporting**

Managers or their coaches must report all accidents or near accidents to the Safety Officer of the North Kitsap Little League Board.

This applies not only to major incidents but to minor mishaps and even near-misses. (These are tracked as a proactive tool to help prevent future incidents).

Little League ASAP (A Safety Awareness Program) Incident Report forms are available at Snider Park in the Concession Stand. Complete this form within 48 hours of the incident and provide it to the Safety Officer.

The Safety Officer will review the form and contact the parents to verify the incident and, where applicable, the extent of the injury. In cases where medical attention was required the Safety Officer, working with the parents, will fill out the AIG Accident Notification Form, and mail it to Little League International.

### **Requirement 12: First Aid Kits**

A well-stocked, professional medical kit is kept in the concession stand at the Snider Park. NKLL will provide a kit for every team.

### **Requirement 13: Little League and Local League Rules**

All Little League International and all North Kitsap Little League rules must be adhered to at all times. Many of these rules have a basis in safety. All managers will be trained in Little League rules and will be reminded to read the 2021 Little League rule book. In particular:



- Head first sliding is prohibited (Majors and below), except when returning to a base.
- No managers or coaches are allowed to warm up pitchers. Catchers must wear a catcher's helmet with throat protector whenever warming up a pitcher, whether on the field or in the bullpen. In addition, North Kitsap Little League rules pertaining to safety that have not been covered previously in this document will be provided to all managers and volunteers. These include:
  - Games and practices are NOT to be conducted during inclement weather or when playing conditions are not adequate. This includes poor lighting – if players cannot see clearly, play is not permitted.
  - Only players, managers, coaches and umpires are allowed on the playing field during games and practices.
  - Managers should be aware of all medical conditions of players, such as allergic reactions, asthma, heat conditions, etc. Managers must carry medical release forms for all players to every practice and game.
  - Skateboards, bicycles and motor scooters are not permitted to be operated at Snider Park
  - All players and coaches are taught to be alert at all times on the field, game or practice.

\*Please See Attachment For The Complete Local Rules

#### **Requirement 14: ASAP Plan and Safety Plan Registration Form**

Both ASAP Plan and Safety Plan Registration Form will be submitted to Little League International.

#### **Requirement 15: Player Registration, Roster, Coach and Manager**

Player registration data or player roster data along with coach and manager data will be submitted via Little League Data Center at [www.LittleLeague.org](http://www.LittleLeague.org) as soon as the information is compiled.

#### **Requirement 16: Concussion Policy**

The following policies and procedures pertain to suspected concussion identification and handling with players participating in North Kitsap Little League (“NKLL”) programs. NKLL adopts the procedures established by the Center for Disease Control (CDC) which has provided concussion information for parents, players and volunteers (including coaches, managers, board members, etc.) and is required by the North Kitsap School District.

The NKLL registration form/process for each season requires that the parent or guardian indicate that he/she has read the NKLL Concussion Policy.

- The document: *Concussion Training for Managers, Coaches and Umpires* is available on NKLL's website under “NKLL Concussion Policy” and as included as Appendix I.
- A player suspected by the manager, coach of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time.
- A player suspected of sustaining a concussion who has been removed from activity may not return to play without a written medical release/clearance form from a licensed health care provider. The clearance form/medical release shall be collected by the manager and

provided to the NKLL Safety Officer.

### **Requirement 17: AED & CPR Training**

#### AED & CPR Training

- An AED (automated external defibrillator) is located in concession stand at Snider Park.

North Kitsap Little League Volunteers are strongly encouraged to have CPR training.

### **Miscellaneous**

This safety manual is intended as helpful guidance to NKLL volunteers, but no warranty of any kind, express or implied, is given as to accuracy or completeness of information or fitness for a particular purpose, nor does NKLL assume any responsibility to update this manual other than annually. To the extent of any inconsistency with federal, state or local laws, regulations, ordinances, or other binding rules or provisions ("Laws"), such Laws shall control.

This safety manual is to be read in conjunction with the Little League Official Rulebook and NKLL Local Rules (collectively, the "Rules"). To the extent of any inconsistency between this manual and the Rules, the Rules shall control.

Nothing herein is intended to create a contract between NKLL or its Board members with any other party, nor shall it create any private cause of action or any third-party beneficiary rights in any individual or entity.

Nothing herein shall constitute a waiver of any right or remedy of NKLL or its Board members and volunteers under any applicable insurance policy or Laws (including but not limited to charitable immunity).

Baseball and softball are inherently dangerous activities. The waivers, consents, limitations of liability, and releases contained in the NKLL player registration form and Volunteer Application are hereby incorporated by reference as if fully set forth herein.

## **APPENDIX A: COMMUNICABLE DISEASE PROCEDURES**

While risk of one athlete infecting another with HIV/AIDS during completion is close to non-existent, there is a remote risk that other blood infections or diseases can be transmitted. Procedures for reducing the potential for transmissions of infectious agents should include but not be limited to the following:

- Bleeding must be stopped, the open wound covered, and if there is any excessive amount of blood on the uniform, it must be changed before the athlete can continue to play.
- Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other bodily fluids. Wash hands immediately after removing gloves.
- Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (Center for Disease Control recommends a solution of 10 parts to 90 parts water) or other disinfectant before competition resumes.
- Practice proper disposal procedures to prevent injuries caused by needles, scalpels, and other sharp instruments.
- 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.
- Managers and coaches with oozing skin should refrain from all direct athletic care until condition resolves.
- Contaminated towels should be disposed of or disinfected properly.
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing bodily fluids.

## **Appendix B: Hard Copy Print-outs**

The following print-outs of Little League Safety Posters are included with the hardcopy version of this document:

1. Keep it Clean Poster
2. Lightning Safety Pamphlet
3. Don't Swing it Poster
4. Wash Your Hands Poster
5. Catcher's Mask Poster
6. Kids Aren't Cargo Poster
7. Asthma Emergency Signs
8. Emergency Treatment of Athletic Dental Injuries
9. When it's Hot, Drink Before You're Thirsty
10. Fight Bac!
11. Fire Extinguisher Use
12. Foul Ball Area
13. Hey Coach
14. Coach, Please Let Players Catch
15. Use Your Head
16. Warm up drills
17. Lightning Safety
18. Covid- 19 Guidelines

## Appendix B: I-1

### COVID-19 Return to Play Guidelines North Kitsap Little League

North Kitsap Little League's COVID-19 Return to Play Guidelines. All Board Members, Team Staff, League Volunteers, Parents and Players MUST agree to abide by the Return to Play Guidelines, if they choose to participate in the training and team activities. Many of these guidelines are required by state and local jurisdiction under the multiple phases. As a Little League organization, North Kitsap Little League (NKLL), must abide by these requirements. Team Staff members are required to have a copy of these guidelines with them at practice.

The following precautions can prevent the spread of COVID-19:

Maintain good social distancing (at least 6 ft apart)

Wash your hands often with soap and water, for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains 60% alcohol.

Routinely clean and disinfect frequently touched surfaces

Cover your mouth and nose with a cloth face covering, when around others

If sick and/or have a fever, cough, sore throat or other COVID-19 symptoms, should stay home to avoid the spread to others.

If a player or team staff member is experiencing a fever of greater than 100 degrees, a cough, shortness of breath, body aches, gastrointestinal issues, sore throat, or loss of taste or smell, they are restricted from attending team activities until symptom free for a period of at least 48 hours.

If a player or team staff member has been diagnosed with COVID-19, they are prohibited from attending team activities until fully recovered and have completed the 14-day quarantine period.

If the player or team staff member is diagnosed with COVID-19, they are required to notify the NKLL President or Vice President of their division of their diagnosis as soon as possible. As required by the American's with Disabilities Act, confidentiality will be maintained.

In an event of potential exposure, team staff will be instructed how to proceed based upon the CDC's Public Health recommendations for community related exposure.

Players will use provided hand sanitizer before entering the dugout

#### Practices:

Practices are limited to groups of 6 people or less in one area of the field

Two teams of six may practice at the same field but must remain separated

Continue to follow the social/physical distancing while on the field, brief close contact is permitted (ex: 3:3 drills).

In Phase 1 scrimmages, trainings or practice against other teams is not allowed.

In Phase 2 if a team scrimmages, trains or practices with another team, each team will use their own baseball or softballs.

#### Umpires:

Plate meetings (Phase 2) will be limited to Plate Umpire and a manager from each team, no players or additional coaches can attend the plate meetings.

#### Phase 2 Attendance:

Maximum 200 people allowed during this phase this includes all players, coaches, volunteers and spectators.

Spectator attendance must be spaced on the fence line and bleachers will be marked off/limited availability.

Bleachers can be used, if players are not utilizing the area:

Only sit in open sections on the bleachers (areas closed will have tape marking them)

Advised to bring own chairs and sit in designated areas on outfield fencing.

#### Score Keepers:

Each score booth is limited to two score keepers inside

Score keeper keeping Home Book  
Score keeper keeping pitch count and team book

#### At High Risk:

Players, coaches, volunteers and/or parents who are considered high risk, or who live with family members who are considered high risk, are encouraged not to participate in team activities during Phase 1

#### Physical Contact:

There will be no physical contact between players and coaches outside of a household.

There will be no high-fives, handshakes, huddles, chest bumps or other forms of contact.

After a practice, a hat tip towards the other players are encouraged

#### Face Coverings and Masks:

Facial coverings required for all players, team staff members, volunteers and family members at this time.

#### Equipment and Gear:

Equipment and gear are allowed only in the designated areas at the field/dugout.

Needs to be spaced, away from other team player's gear.

Gear cannot be shared, if needed to be shared ALL equipment NEEDS to be cleaned between each player with cleaner provided by the league.

#### Dugouts:

Each field's dugout has been expanded, due to physical distancing among players.

Due to safety concerns, dugouts are open to players, managers and coaches only.

Two adults are always required to be inside the fencing of the dugout(s), to make sure players are maintaining physical distancing.

Players must stand or sit on the designated markings inside the dugout(s)

Score board can be updated by a score keeper inside the score booth or someone outside of the score booth, the score board is not the official score.

The Home Team Score Keeper is responsible for cleaning score booth prior to the game, including the countertop, pens/pencils, etc.

The Visiting Team Score keeper is responsible for cleaning score booth after the game, including the countertop, pens/pencils, etc.

Face coverings are required to be worn inside of the score booth  
A face mask will be provided, if score keeper does not have a face covering.

Concession Stand:

ALL people working, teens and parent volunteers, in Concessions Stand, MUST always wear a mask.

All workers must abide to the Health Department guidelines, while in Concessions Stand.

Additional cleaning of surfaces near window and other public facing areas throughout the shifts.

While ordering and picking up food at the window, please respect social/physical distance between other people in line.

Follow the markings and signage around concessions stand for social/physical distancing.

Restrooms/Port A Potty:

Limit the amount of people not within the same household inside of the restroom

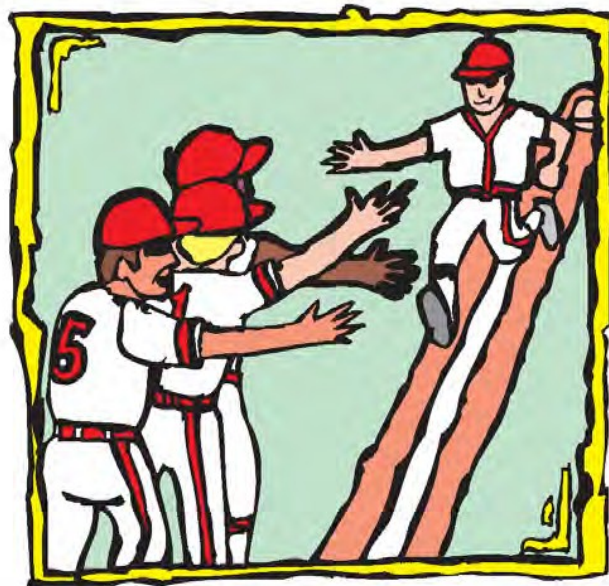
Restrooms will be cleaned prior to each game day

Cleaning checklist will be posted in the restrooms

Wash hands after using the restroom with the soap that is provided



# Keep It Clean!



**REMEMBER:**

**Use good sportsmanship on the field,  
even to your language.**

**Regulation XIV – Field Decorum**

- a) “The actions of players, managers, coaches, umpires and league officials must be above reproach . . .”
- b) “The use of tobacco and alcoholic beverages in any form is prohibited on the playing field, benches or dugouts.”

## *What to do if someone is struck by lightning*

- ▶ **Lightning victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.**
- ▶ **Call for help.** Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.
- ▶ **Give first aid.** Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.
- ▶ **If possible, move the victim to a safer place.** An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.



NOAA

## *STAY INFORMED*

Listen to NOAA Weather Radio for the latest forecast and for any severe thunderstorm WATCHES or WARNINGS. Severe thunderstorms produce winds of 58 mph or greater, or hail 3/4 of an inch or larger in diameter.

**A severe thunderstorm WATCH is issued** when conditions are favorable for severe weather to develop.

**A severe thunderstorm WARNING is issued** when severe weather is imminent. National Weather Service personnel use information from weather radar, satellite, lightning detection, spotters, and other sources to issue these warnings.



NOAA WEATHER RADIO IS  
THE BEST WAY TO RECEIVE  
FORECASTS AND WARNINGS  
FROM THE NATIONAL  
WEATHER SERVICE.

**Remember that all thunderstorms produce lightning and all lightning can be deadly to those outside.**

Lightning Safety Awareness Week is the last full week of June. For additional information on lightning or lightning safety, visit NOAA's lightning safety web site:

<http://www.lightningsafety.noaa.gov>

or contact us at

National Weather Service  
P.O. Box 1208  
Gray, Maine 04039

GYX 0301 (August 2003) - Revised

# *Coach's and Sports Official's Guide to Lightning Safety...*



NOAA

**LIGHTNING...  
the underrated killer!**

**A SAFETY GUIDE**

U.S. DEPARTMENT OF COMMERCE  
NATIONAL OCEANIC AND  
ATMOSPHERIC ADMINISTRATION



NATIONAL WEATHER  
SERVICE

Gray, Maine

This safety guide has been prepared to help coaches and sports officials recognize the dangers of lightning and take appropriate safety precautions.

# LIGHTNING KILLS

## Play It Safe!

Each year in the United States, more than four hundred people are struck by lightning. On average, about 70 people are killed and many others suffer permanent neurological disabilities. Most of these tragedies can be avoided if proper precautions are taken. When thunderstorms threaten, coaches and sports officials must not let the desire to start or complete an athletic activity hinder their judgment when the safety of participants and spectators is in jeopardy.

### *It is important for coaches and officials to know some basic facts about lightning and its dangers*

- ▶ **All thunderstorms produce lightning and are dangerous.** In an average year, lightning kills more people in the U.S. than either tornadoes or hurricanes.
- ▶ **Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall.** Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.
- ▶ **If you hear thunder, you are in danger.** Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- ▶ **Lightning leaves many victims with permanent disabilities.** While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

### *To avoid exposing athletes and spectators to the risk of lightning take the following precautions*

- ▶ **Postpone activities if thunderstorms are imminent.** Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.
- ▶ **Plan ahead.** Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.
- ▶ **Keep an eye on the sky.** Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- ▶ **Listen for thunder.** If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

- ▶ **Avoid open areas.** Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.
- ▶ **Stay away from metal bleachers, backstops and fences.** Lightning can travel long distances through metal.
- ▶ **Do not resume activities until 30 minutes after the last thunder was heard.**
- ▶ **As a further safety measure, officials at outdoor events may want to have a tone-alert NOAA Weather Radio.** The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nw/>, and click on "Station Listing and Coverage."

### *If you feel your hair stand on end (indicating lightning is about to strike)*

- ▶ **Crouch down on the balls of your feet, put your hands over your ears, and bend your head down.** Make yourself as small a target as possible and minimize your contact with the ground.
- ▶ **Do not lie flat on the ground.**



NOAA

# Don't Swing It

...Until You're Up to the Plate!



(Photos from North Scott, Iowa, Little League)

**Don't let this happen to you, or to a teammate.**

**REMEMBER:**

**Don't pick up your bat until you leave the dugout, to approach the plate.**

**RULE 1.08, Notes**

"1. The on-deck position is not permitted in Tee Ball, Minor League or Little League (Majors) Division. 2. Only the first batter of each half-inning will be allowed outside the dugout between the half-innings in Tee Ball, Minor League or Little League (Majors) Division."

# Volunteers Must Wash Hands

## HOW

**Wet**  
warm water



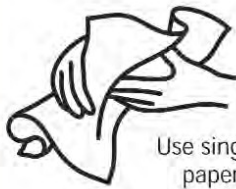
**Wash**  
20 seconds  
Use soap



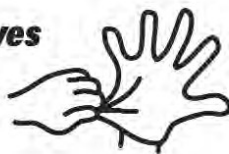
**Rinse**



**Dry**  
Use single-service  
paper towels



**Gloves**



## 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

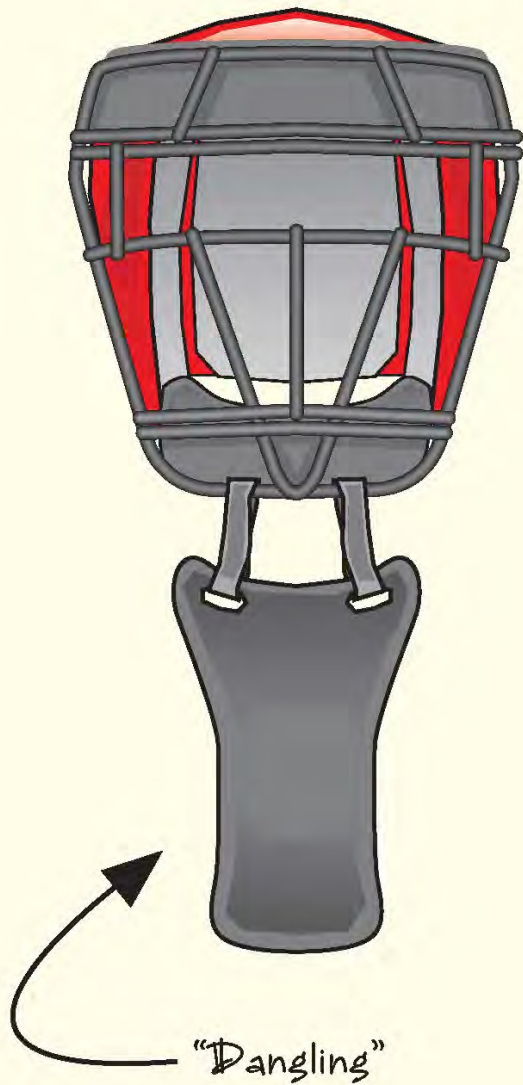
**Change them:**

- ▶ 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.



**UMASS  
EXTENSION**



**Make  
Sure  
They  
Are  
Safe!**

**REMEMBER:**

**Catchers must wear helmets during warm-ups and infield/outfield practice.**

**RULE 1.17**

"...All catchers must wear a mask, 'dangling' type throat protector and catcher's helmet during infield/outfield practice, pitcher warm-up and games."

# PLEASE



## Keep'em Safe! Kids Aren't Cargo!

- Motor vehicle crashes are the leading cause of death for children 5-15 years of age. Kids should ride in the back seat with seat belts fastened.
- Children riding in the beds of trucks have no safety restraining devices to protect them in case of an accident.
- Passengers who are ejected from a vehicle are three times more likely to die than those who remain in the vehicle.

*\* Information from the National Highway Traffic Safety Administration*

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# Asthma Emergency Signs

## Seek Emergency Care If A Child Experiences Any Of The Following:

- + Child's wheezing or coughing does not improve after taking medicine (15-20 minutes for most asthma medications)
- + Child's chest or neck is pulling in while struggling to breathe
- + Child has trouble walking or talking
- + Child stops playing and cannot start again
- + Child's fingernails and/or lips turn blue or gray
- + Skin between child's ribs sucks in when breathing

**Asthma is different for every person.**

The "Asthma Emergency Signs" above represent general emergency situations as per the National Asthma Education and Prevention Program 1997 Expert Panel Report.

---

If you are at all uncertain of what to do in case of a breathing emergency...

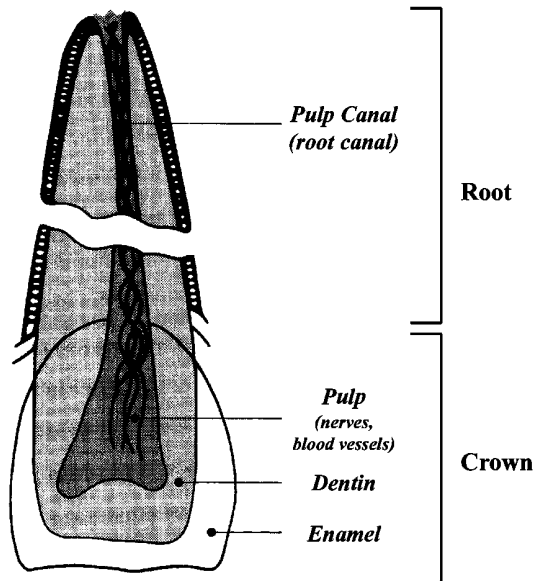
**Call 9-1-1 and the child's parent/guardian!**

Michigan Asthma Steering Committee of the Michigan Department of Community Health

(From the Grandville, Mich., Little League 2001 Safety Plan)



## Emergency Treatment of Athletic Dental Injuries



*Professionally-made, properly fitted Custom Mouthguards greatly reduce the risk and severity of mouth injuries. Mouthguards are recommended injury prevention equipment for all at-risk sports.*

### AVULSION (Entire Tooth Knocked Out)

1. Avoid additional trauma to tooth while handling. **Do Not** handle tooth by the root. **Do Not** brush or scrub tooth. **Do Not** sterilize tooth.
2. If debris is on tooth, *gently* rinse with water.
3. If possible, reimplant and stabilize by biting down gently on a towel or handkerchief. Do only if athlete is alert and conscious.
4. If unable to reimplant:
  - Best - Place tooth in Hank's Balanced Saline Solution, i.e. "Save-a-tooth."
  - 2nd best - Place tooth in milk. Cold whole milk is best, followed by cold 2% milk.
  - 3rd best - Wrap tooth in saline-soaked gauze.
  - 4th best - Place tooth under athlete's tongue. Do this **ONLY** if athlete is conscious and alert.
  - 5th best - Place tooth in cup of water.
5. Time is very important. Reimplantation within 30 minutes has the highest degree of success rate. **TRANSPORT IMMEDIATELY TO DENTIST.**

### LUXATION (Tooth in Socket, But Wrong Position)

#### THREE POSITIONS

**EXTRUDED TOOTH** - Upper tooth hangs down and/or lower tooth raised up.

1. Reposition tooth in socket using firm finger pressure.
2. Stabilize tooth by gently biting on towel or handkerchief.
3. **TRANSPORT IMMEDIATELY TO DENTIST.**

**LATERAL DISPLACEMENT** - Tooth pushed back or pulled forward.

1. Try to reposition tooth using finger pressure.
2. Athlete may require local anesthetic to reposition tooth; if so, stabilize tooth by gently biting on towel or handkerchief.
3. **TRANSPORT IMMEDIATELY TO DENTIST.**

**INTRUDED TOOTH** - Tooth pushed into gum - looks short.

1. Do nothing - avoid any repositioning of tooth.
2. **TRANSPORT IMMEDIATELY TO DENTIST.**

### FRACTURE (Broken Tooth)

1. If tooth is totally broken in half, save the broken portion and bring to the dental office as described under Avulsion, Item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
2. Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed, which is extremely painful to athlete.
3. Save all fragments of fractured tooth as described under Avulsion, Item 4.
4. **IMMEDIATELY TRANSPORT PATIENT AND TOOTH FRAGMENTS TO DENTIST.**

**Academy for  
Sports Dentistry**  
875 North Michigan Ave.  
Suite 4040  
Chicago, IL 60611-1901

1800-273-1788  
1800-ASD-1788

The Academy for Sports Dentistry, a professional organization dedicated to the dental needs of athletes at risk to sports injuries, recommends that every sports medicine team include a dentist knowledgeable in sports dentistry.

**MOUTHGUARDS SHOULD NOT BE  
OPTIONAL EQUIPMENT**



**WHEN IT'S HOT,  
DRINK BEFORE  
YOU'RE THIRSTY.**

© 1996 Little League Baseball® and Musco Lighting, Inc.

### **Drinking Guidelines For Hot Day Activities**

**Before:** Drink 8 oz. immediately before exercise

**During:** Drink at least 4 oz. every 20 minutes

**After:** Drink 16 oz. for every pound of weight lost

**Dehydration signs:** Fatigue, flushed skin, light-headed

**What to do:** Stop exercising, get out of sun, drink

**Severe signs:** Muscle spasms, clumsiness, delirium

# FIGHT BAC!

Keep Food Safe From Bacteria

**CLEAN**  
Wash hands and surfaces often.



**SEPARATE**  
Don't cross-contaminate.



**CHILL**  
Refrigerate promptly.



**COOK**  
Cook to proper temperatures.



TM



**Thermy™** says:

"It's Safe to Bite  
When The Temperature is Right!"

Food Safety and Inspection Service, USDA



Think **PASS!**

1. **P**ull Ring
2. **A**im at Base of Fire
3. **S**queeze Lever
4. **S**weep Side to Side

**DANGER**

**FOUL BALL  
AREA**



## **HAVE YOU:**

---

- Walked field for debris/foreign objects**
- Inspected helmets, bats, catchers' gear**
- Made sure a First Aid kit is available**
- Checked conditions of fences, backstops, bases and warning track**
- Made sure a working telephone is available**
- Held a warm-up drill**

# Coach, Please Let Players Catch!



**REMEMBER:**

**Coaches and managers must not warm up pitchers. Let Players Catch.**

**RULE 3.09**

"...Managers or coaches must not warm up a pitcher at home plate or in the bull pen or elsewhere at any time. They may, however, stand to observe a pitcher during warm-up in the bull pen."

# Suggestions for Warm-up Drills



## Heel Cord Stretches

Lean against a wall. Reach one leg behind you. Keep the knee straight, heel on the ground, and toes pointed forward. Slightly bend the leg that's closer to the wall. Lean forward. You should feel the stretch along the back of your calf. Repeat with other leg.



## Head and Neck Circles

Make a circle with your head, going around first in one direction five times. Then reverse and make five circles in the opposite direction.



## Low Back Stretches

Lie on your back, bring one knee up, and pull the knee slowly toward your chest. Hold and repeat three times. Switch legs and repeat.



## Shoulder Stretches #1

Stand or sit, holding your throwing arm at the wrist with your other hand. Put your arm over your head and pull gently, feeling your upper arm against your head. You should feel the stretch inside your shoulder.



## Shoulder Stretches #2

Stand or sit, holding onto the elbow of your throwing arm with your other hand. Gently pull your throwing arm across your chest. You should feel the stretch inside your shoulder, especially at the back.



## Shoulder Stretches #3

Stand or sit with your pitching arm out to the side and your elbow bent. Move your arm back until you feel the stretch in the front of your shoulder.



## Thigh Stretches #1

Sit on the ground. Stretch both legs out in front of you. Reach forward, touching your toes. Eventually, you want to lean forward far enough to put your head on your knees. You should feel the stretch along the backs of your legs.

## Thigh Stretches #2

Sit on the ground with one leg stretched out in front of you. Bend the other knee and put your foot behind you. Lean backwards. You should feel the stretch along the front of your thigh.





# **If You See It, Flee It; If You Hear It, Clear It**



## **REMEMBER:**

- **Track approaching storms the best way possible: Internet radar websites, dedicated storm warning system at field, or other storm warnings**
- **Evacuate fields when storms are about 10 miles away: Have players and spectators go to enclosed building or to cars with windows rolled up**
- **Clear fields immediately after thunder has been heard or lightning seen!**

## **PLEASE WAIT!**

- **Wait 30 minutes before returning to play after last sign of lightning activity in your area**
- **Cars shouldn't leave until the game is called, so all players can be accounted for**

*Guidelines from the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service*

**APPENDIX C: 2018 NKLL BOARD MEMBERS CONTACT INFORMATION**

<b>NAME</b>	<b>EMAIL</b>	<b>POSITION</b>	<b>PHONE</b>
Rick Krenzelo	president@nkll.com	President	(360)930-2105
Jeremy Kramer	vpUpperbaseball@nkll.com	Vice-President- Upper Baseball	(509)280-4801
Mike Driscoll	treasurer@nkll.com	Treasurer	(360)908-4073
Stephanie Byrd	secretary@nkll.com	Secretary	
Sabrina Krenzelo	lowerplayeragent@nkll.com	A & AA Baseball & T-Ball Player Agent	(360)908-0821
Sabrina Krenzelo	<a href="mailto:uppersplayeragent@nkll.com">uppersplayeragent@nkll.com</a>	AAA, Majors, Intermediates, Junior & Senior Baseball Player Agent	(360)908-0821
Heather Boyd	softballplayeragent@nkll.com	Softball Player Agent	(509)280-4802
Aaron Stanford	<a href="mailto:safetyofficer@nkll.com">safetyofficer@nkll.com</a> vpsoftball@nkll.com	Safety Officer Vice President Softball	(360)509-1413
Chris Boyd	uic@nkll.com	Umpire in Chief	(619)694-9978
Heather Boyd/Sabrina K	challengers@nkll.com	Challenger Coordinator	
Tom Puckett	practicefields@nkll.com	Practice Fields	
Jeremy Kramer	<a href="mailto:vpbaseball@nkll.com">vpbaseball@nkll.com</a> militaryliaison@nkll.com	AAA & Majors Baseball Coordinator Military Liaison	(509)280-4801
Jeremy Kramer	vpbaseball@nkll.com	A, AA & T-Ball Coordinator	(509)280-4801
	allstars@nkll.com	All Star Committee Coordinator	
Jeremy Kramer	equipment@nkll.com	Equipment	(509)280-4801
Jennifer Johnson	<a href="mailto:uniforms@nkll.com">uniforms@nkll.com</a> concessions@nkll.com	Uniforms/Concessions	(360)930-2799
	<a href="mailto:uniforms@nkll.com">uniforms@nkll.com</a> concessions@nkll.com	Uniforms/Concessions	
Chris Boyd	scheduling@nkll.com	Scheduler / Practice Fields & Cages	(619)694-9978
Andy Fredericksen	fields@nkll.com	Fields & Grounds	(360)731-7327
Scott Knudsen	facilities@nkll.com	Facilities	(360)620-6347
Dave Carstensen	security@nkll.com	Security	(360)434-0259
Cassidy Connors	pr@nkll.com	League Information Officer Public Relations	(360)5093558
Pat Ryan	atlarge@nkll.com	Board Member at Large	
Pat Ryan	pat.ryan@wad2llb.org	District 2 Administrator	360)271-5193

**APPENDIX D: FIELD ADDRESSES**

Site addresses for 911 Dispatcher:

North Kitsap Little League  
Snider Park Fields A-D  
22898 Viking Way NW  
Poulsbo, Wa 98370  
360)697-5449

North Kitsap High School  
Softball & Baseball Fields  
1780 NE Hostmark St.  
Poulsbo, Wa 98370

Poulsbo Middle School  
20003 NE Hostmark St.  
Poulsbo, Wa 98370

Poulsbo Elementary School  
18531 Noll Rd NE  
Poulsbo, Wa 98370

Pearson Elementary School  
15650 Central Valley Rd  
Poulsbo, Wa 98370

Vinland Elementary School  
22104 Rhododendron Ln  
Poulsbo, Wa 98370

Suquamish Elementary School  
18950 Park Ave NE  
Suquamish, Wa 98392

Wolfe Elementary School  
27089 Highland Rd  
Kingston, Wa 98346

Gordon Elementary School  
26331 Barber Cutoff Rd  
Kingston, Wa 98346

Kingston Middle School  
9000 NE West Kingston Rd  
Kingston, Wa 98346

Kingston High School  
26201 Siyaya Ave NE  
Kingston, Wa 98346

North Kitsap Baptist Church  
20516 Little Valley Rd NE  
Poulsbo, Wa 98370

Kitsap County Parks & Rec.  
Kola Kola Park  
11128 NE Maine St  
Kingston, Wa 98346

Kitsap County Parks & Rec.  
Buck Lake Park Field  
6780 NE Buck Lake Rd  
Hansville, Wa 98340



**For Local League Use Only**

**Activities/Reporting**

**A Safety Awareness Program's Incident/Injury Tracking Report**

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       Minor       Major       Intermediate (50/70)
- Junior       Senior       Big League
- 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 to being allowed in a game or practice.)

**Type of incident and location:**

- A.) On Primary Playing Field      B.) Adjacent to Playing Field      D.) Off Ball Field
- Base Path:       Running or       Sliding       Seating Area       Travel:
- Hit by Ball:       Pitched or       Thrown or       Batted       Parking Area       Car or       Bike or
- Collision with:       Player or       Structure      C.) Concession Area       Walking
- Grounds Defect       Volunteer Worker       League Activity
- Other: \_\_\_\_\_       Customer/Bystander       Other: \_\_\_\_\_

Please give a short description of incident: \_\_\_\_\_

Could this accident have been avoided? How: \_\_\_\_\_

This form is for local Little League use only (should not be sent to Little League International). This document should be used to evaluate potential 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 Accident claims or injuries that could become claims to any eligible participant under the Accident Insurance policy, please complete the Accident Notification Claim form available at [http://www.littleleague.org/Assets/forms\\_pubs/asap/AccidentClaimForm.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/AccidentClaimForm.pdf) and send to Little League International. For all other claims to non-eligible participants under the Accident policy or claims that may result in litigation, please fill out the General Liability Claim form available here: [http://www.littleleague.org/Assets/forms\\_pubs/asap/GLClaimForm.pdf](http://www.littleleague.org/Assets/forms_pubs/asap/GLClaimForm.pdf).

Prepared By/Position: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# LITTLE LEAGUE® BASEBALL AND SOFTBALL ACCIDENT NOTIFICATION FORM INSTRUCTIONS

**Send Completed Form To:**  
 Little League® International  
 539 US Route 15 Hwy, PO Box 3485  
 Williamsport PA 17701-0485  
**Accident Claim Contact Numbers:**  
 Phone: 570-327-1674

1. This form must be completed by parents (if claimant is under 19 years of age) and 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/dental treatment must be rendered within 30 days of the Little League accident.
2. Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
3. 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 Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. **Limited** deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
6. Accident Claim Form must be fully completed - including Social Security Number (SSN) - for processing.

League Name			League I.D.		
PART 1					
Name of Injured Person/Claimant	SSN	Date of Birth (MM/DD/YY)	Age	Sex <input type="checkbox"/> Female <input type="checkbox"/> Male	
Name of Parent/Guardian, if Claimant is a Minor		Home Phone (Inc. Area Code) ( )	Bus. Phone (Inc. Area Code) ( )		
Address of Claimant		Address of Parent/Guardian, if different			

The Little League Master 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 instruction 3 above.

Does the insured 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	Dental Plan	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Date of Accident	Time of Accident	Type of Injury
	<input type="checkbox"/> AM <input type="checkbox"/> PM	

Describe exactly how accident happened, including playing position at the time of accident:



**WARNING: Protective equipment cannot prevent all injuries a player might receive while participating in Baseball / Softball.**

**WHAT PARENTS SHOULD KNOW ABOUT LITTLE LEAGUE INSURANCE**

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.

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:

1. 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.
2. 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.
3. 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.
4. Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
5. Limited deferred medical/dental benefits may be available for necessary treatment after the 52-week time limit when:
  - (a) 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 any one 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.
  - (b) 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: 1. A maximum of \$1,500 or 2. 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.

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.

*S Knutsen*

# A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - › Work with their coach to teach ways to lower the chances of getting a concussion.
  - › Emphasize the importance of reporting concussions and taking time to recover from one.
  - › Ensure that they follow their coach's rules for safety and the rules of the sport.
  - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**GOOD TEAMMATES KNOW:**

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.