



2017 North Boulder Little League Safety Code **Colorado District Two**

The Board of Directors of North Boulder Little League has adopted the following Safety Plan. All Managers and Coaches need to read this Safety Plan, share it with parents of their team players and abide by the rules set forth within.

North Boulder Little League recognizes the importance of the ASAP program. Dr. Jessica Knape has been appointed Safety Officer to the Board of Directors for the 2016 season. League Safety Officer Dr Jessica Knape is on file with Little League Headquarters. (Requirement #1)

The NBLL Safety Plan is published and distributed to all appropriate and applicable volunteers on an annual basis. The Safety Plan is printed and distributed to all Coaches and Managers and reviewed in their training sessions. Copies will be kept in the Iris Fields Snack Shack; at Tom Watson Park, North Boulder Park and Centennial in the Equipment boxes. The NBLL 2016 Safety Plan is also available on the internet. (Requirement #2) This Safety Plan, and a more extensive Safety Manual, is located at www.nbll.com under Documents and Forms.

Responsibility for safety procedures belongs to ALL adults and ALL players involved with North Boulder Little League. Throughout the season safety messages will appear on the NBLL website under Safety. All members of the organization are encouraged to track “near-misses” and communicate these with the Safety Officer. All serious injuries and abuses of power will be addressed at the North Boulder Little League Board of Directors Meetings. There is a zero tolerance policy for unsportsmanlike and unsafe behavior and the board must be notified of any concerns from Umpires, Parents, Players, Coaches and Community.

Information on Accident documentation and reporting is located on pages 24-25 of this safety plan. For any questions contact Dr Jessica Knape at 303-909-1215 or safety@nbl.com



THE ASAP PROGRAM

What is ASAP?

1995, Little League Baseball® introduced ASAP ("A Safety Awareness Program"). The mission of ASAP is:

"To create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball."

The ASAP program has had a dramatic effect in reducing the rate of injuries in Little League Baseball®. Since its introduction, injury claims have dropped by 78% from 5695 annual injuries in 1995 to 1276 injuries in 2005.

Through A Safety Awareness Plan (ASAP) we can communicate with leagues across the country to share ideas and promote change to better serve our players and community.

The North Boulder Little League's 2017 Safety Plan provides an overview of our little league's safety program and comply with the ASAP recommendations.



EMERGENCY NUMBERS

Dial 9-1-1 Ambulance, Police, Fire

POISON CONTROL(Rocky Mtn Poison Centre)

1-800-222-1222

NON-EMERGENCY

Fire non critical: 303 441-3333

Police non-critical: 303 441-3333

HOSPITALS:

Boulder Community Hospital- 1100 Balsam Ave, Boulder 303 440-2273

BCH @Foothill- 4747 Arapahoe Ave, Boulder 720

854-7000

Boulder Medical Center- 2750 Broadway St, Boulder 303 440-3200

2017 North Boulder Little League Board Of Directors

NBLL President : Cary Hudson
(303) 570-2016 president@nbll.com

Secretary: Todd Stafford

Treasurer: Mark Sunderland, Tim Stelzer

Fields Coordinator: Justin Berg

Equipment Coordinator: Steve Ihnot

Umpire Coordinator: Ali Zeljo

Registrar/Web Master: Corey Litwin

Player Agent: Michael Hoppert
Coaching Coordinator: Eric Pallay
Snack Shack Coordinator: Todd Stafford
VP Farm: Brent Daily
VP Minors: Justin Berg
VP Majors: Tim Hartrick
Safety Officer: Dr Jessica Knape
safety@nbll.com (303) 909 1215



Emergency Contact Procedures

1. **Dial 911**
2. **In a calm and controlled voice explain to the dispatcher “We have an emergency at XXX Field. An adult (or child) has collapsed and is not breathing. We need an ambulance. Our location is:**

Iris Fields: 3455 16th Street, Boulder CO 80304 (NW corner of 16th and Iris)

Centennial Middle School: 2205 Norwood Ave, Boulder, CO 80304 NE corner, North of Tennis Courts.(Norwood & 26th)

North Boulder Park: Balsam Ave, Boulder, CO 80304(7th and Cedar)

Tom Watson Park: 6180 N. 63rd Street, Boulder, CO 80304 (63rd & IBM Park)

3. **Other information the dispatcher may need:**
 - The telephone number from which the call is being made.
 - The caller's name.
 - What happened:i.e.baseball-related accident, bicycle accident, etc.?

•How many people were involved? What is the condition of the injured? What help is being given: i.e. first aid, CPR, etc.

4. Do not hang up until the dispatcher hangs up.

The dispatcher may be able to tell you how to best care for the injured. Continue to care for the wounded until professional help arrives.

5. Appoint someone to go to the street and look for the ambulance

-flag responders down if necessary.

This saves valuable time. Remember every minute counts.

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Site Map of NBLL Ballfields

Iris Fields:

Iris Avenue and 16th Street, 80304

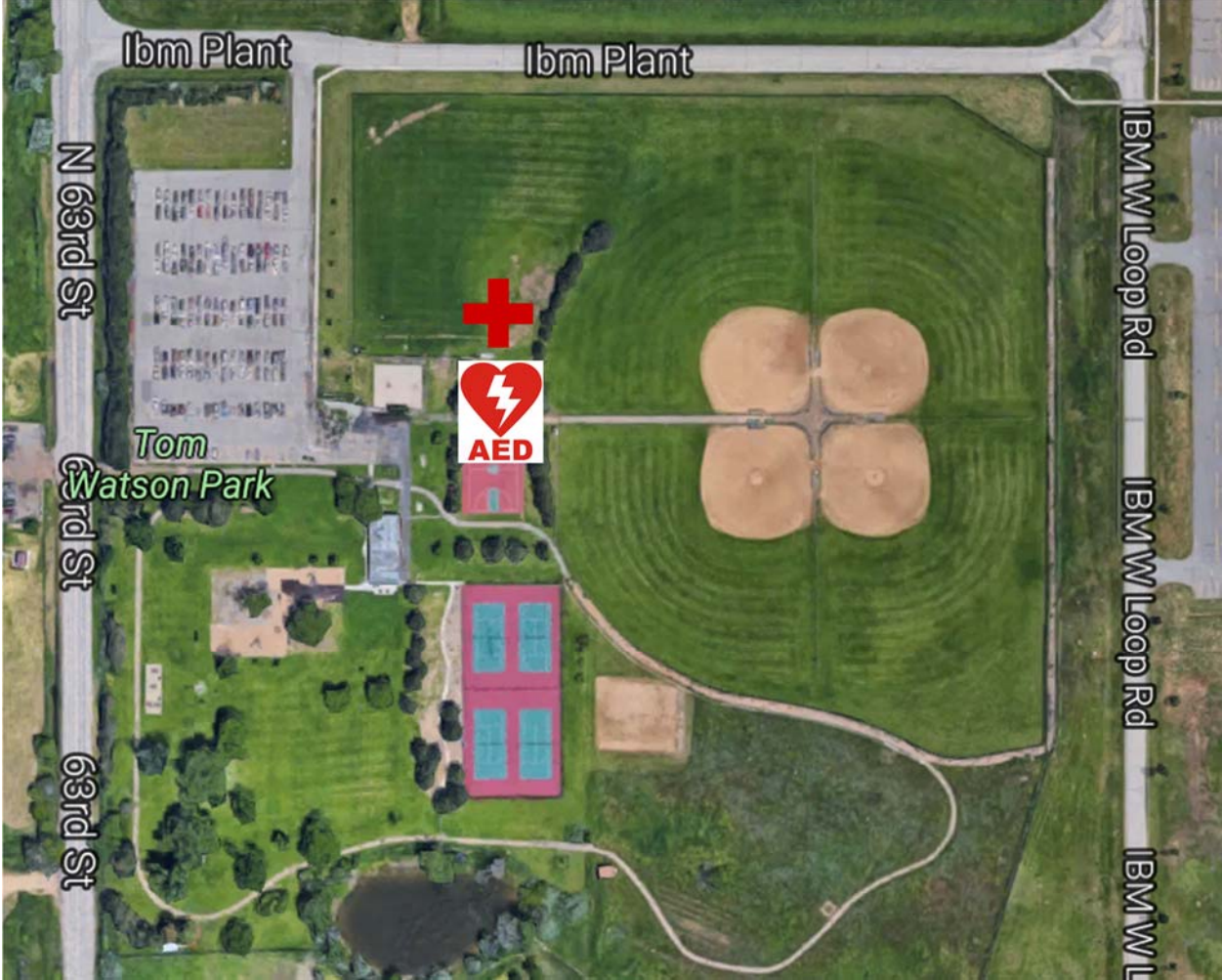


North Boulder Park:
9th Street and Dellwood Avenue, Boulder, CO 80304



Tom Watson Park (IBM Park):

6180 N 63rd Street, Boulder, CO 80301



Centennial Middle School:
2205 Norwood Ave, Boulder, CO 80304



VOLUNTEER APPLICATION FORMS/BACKGROUND CHECK

Little League International has instituted a policy that all non-players involved in the little league operations be required to submit information and pass a background check annually this includes all returning and all new volunteers. This includes all board members, coaches, assistant coaches, administrators, umpires, hired workers and snack bar personnel. This is critical to ensure that when we put our children in the hands of volunteers it will be a safe environment for them. Currently we are performing criminal, sexual offender, and violent offender investigations through the LL provider LexisNexis.

We will use other means (State, Local Registries) if we have reason to believe the LexisNexis data is not complete. Background check information is then submitted to LL. Continual submissions are made as the background checks come in.

If you are interested in helping in ANY capacity, we ask you to complete a "Little League Volunteer Application" form along with submitting all required information. All information will be kept in a secure archive that is not accessible via the internet. Privacy and confidentiality will be strictly maintained. If you have not submitted to or passed the screening, we will kindly ask for your understanding and ask you not participate as a volunteer until you do. Any persons refusing to fill out the Volunteer Application is ineligible to be even a league member.

The Volunteer Application Form can be found [here](#).

Submission of player registration data or player roster data, coach and manager data via the Little League Data Center

North Boulder Little League will submit registration information electronically to the data center by April 1, 2016.

FIRST AID TRAINING, EQUIPMENT AND REPORTING

First-Aid Training:

Little League International mandates that on an annual basis, coaching staff from all Little League charters around the US attends a type of training as part of "A Safety Awareness Program".

North Boulder Little League will safety train all Coaches and Managers and Board of Director members in March and April 2017. We will train in all important safety information. A refresher course on these important topics is available in the Safety Manual under Documents www.nbll.com

Concussion Law:

In the state of Colorado the 'Jake Snakenberg Youth Sports Concussion Act' requires that youth sports coaches receive education about concussion.

Information can be found at www.nbll.com. NBLL Coaches and Managers are required to complete an online training course in Concussion Awareness Training (see NBLL Concussion Addendum attached to the Medical Release Form) Coaches must be informed of a player's history of concussion. Parents and coaches are educated of the risks, signs and symptoms on this documentation which is signed and included in the coaches files.

Coaches will be provided with a Concussion Awareness Sheet to assist with any on site assessment.

First-Aid Kits:

First-aid kits have been inspected and placed in the equipment boxes at North Boulder Park, Centennial Middle School and Tom Watson Park; and in the 16th Street Shed at Iris and the Snack Shack. Additional essential first-aid kits will be furnished with each team's equipment at the beginning of the season and checked by safety officer frequently. First-aid kits must be taken with a team to any off-site practices or games. Extra ice packs are available in the equipment shed and boxes. The Safety Officer and NBLL Team Parent Coordinator will work together to encourage families bring ice, thereby reducing the need for

disposable chemical icepacks. Ice is available in the snack shack.

The NBLL President and Safety Officer's name and phone number is taped to the inside lid of all first-aid kits. Field locations and a map is inside each lid.

Players are encouraged to bring water bottles, as are spectators. Coaches will have extra fluids in the dugout in case players need hydration. Our community is also asked to ensure our umpires are properly hydrated and offer rest and hydration if necessary.

Lightning Detectors:

Colorado has a high incidence of lightning strikes. Lightning detectors, along with batteries, are located in the 16th Street Shed at Iris fields and in the equipment boxes at Centennial, NBP and Tom Watson. In 2014, we inserted instructions on monitor use and additional safety information inside a pocket with each monitor so that folks can more accurately use the device and will have useful information on danger and safe precautions to take, should lightning strike in the area.

Automated External Defibrillators:

In February, 2012, NBLL board of directors approved the purchase and a program to support the furnishing of two North Boulder Little League Fields with AED's. These are located at Iris Fields 16th Street Shed and at Tom Watson Park in the Equipment Shed. Training will be offered to Managers, Coaches and Board Members. A Safety Team consisting of at least three board members and a medical trained professional league volunteer will monitor and oversee this program.

North Boulder Little League is working with High School Students and Boulder Community Hospital in an effort to bring an AED to North Boulder Park and Centennial Middle School in an effort to make all our ballfields safer.

NBLL Medical Release Form and NBLL specific Concussion Addendum Form is to be completed and handed to the team manager before seasonal play by all children.

The NBLL Safety Officer will review these forms and the forms will be kept

confidential and with the Team Manager.

First-Aid Reporting:

An incident/injury tracking report **MUST** be completed and submitted via email to the NBLL Safety Officer (safety@nbl.com) immediately following any injuries, incidents, accidents or near misses. NBLL is committed to ensuring all managers and coaches understand the importance of reporting incidents as soon as possible. A copy of the Incident/Injury Tracking Report will be kept on file with North Boulder Little League. Please see pages 24-25 of this plan.

At practices and games all Managers and Coaches must have accessible at least one fully operational and charged cell phone.

Fundamentals Training:

North Boulder Little League will provide, on an annual basis, fundamentals training for all managers and coaches. Each coach shall have attended fundamentals training within the last three (3) years and each manager shall insure that at least one (1) coach per team attends the training each year.

The fundamentals training shall include but not be limited to throwing, catching, hitting, running, and general safety guidelines.

North Boulder Little League will hold a mandatory fundamentals training for coaches in March 2017.

Parent and Player Code of Conduct Forms will be signed by players and parents before seasonal play. These forms can be found under 'Documents & Forms' on the nbl.com website.

GENERAL SAFETY RULES FOR MANAGERS, COACHES AND UMPIRES

All these rules will be enforced at games as well as practices.

1. Bring Player's Medical Treatment Consent Forms with you to every game and practice.

These forms provide essential emergency contact information for the physicians of every player. The Medical Treatment Consent

Forms are required for you to obtain medical care for a player in the absence of his/her parents. Make a mental note of any medical problems.

2. Have a Fully Charged Cell Phone Available For Emergency Calls
3. Inspect the Field For Hazardous Conditions.
4. Ensure Your Equipment is Safe and in Conformance with Little League Specifications (see below)
5. Warm Up and Stretch Players Before Play. Jumping Jacks or a jog around the field should be used first to warm up the entire body. Suggestions for Warm Up Drills are located under Documents in the Safety Manual www.nbll.com
6. Persons Allowed on Field:

Only 2016 approved Players, Managers, Coaches, and Umpires are permitted on the playing field or in the dugout during practice sessions and games. Please no bat boys or bat girls on the field. This means no siblings or any other children who are not affiliated with NBLL.
7. Safe Bat Handling Techniques:

Younger players need to be taught not to throw the bat after hitting the ball. This can be done by having the player drop the bat in a marked-off circle near where the running starts. Never handle a bat in the dug out. NBLL has installed "safe bat handling signage" at every dugout entrance.
8. Storage of Equipment:

During both practices and games, all team equipment must be stored within the team dugout or behind screens, and not within the area defined by the umpires as "in play."
9. Keeping Equipment Off the Field:

During games, the responsibility for keeping bats and loose equipment off the field of play should be that of either a regular player assigned for this purpose or the team's coaching staff.
10. Keeping Children Away from Equipment:

Includes, but not limited to golf cart, equipment boxes and equipment sheds at all fields. Equipment boxes are to be opened and closed by Coaches only.
11. Retrieving Foul Balls: Foul balls that are batted out of the playing area should be retrieved by an adult and immediately returned to the umpire responsible for the game. At NO time should there be a scramble for the ball. When we are at Iris Fields we ALL need to be observant and instrumental in calling out to a child who is about to dash out into the

street. Observe bright yellow signage on fences that reads “Adult only to retrieve foul balls”.

12. **Players Should Keep Their Eyes on the Ball:**
During practices and games, all players should be alert and watching the batter on each pitch.
13. **Spacing Players During Warm-Ups:**
During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
14. **Warm-Ups**
All pre-game warm-ups(i.e., playing catch, swinging bats, etc.) should be performed within the confines of the playing field and not within areas that are frequented by spectators.
15. **Player Protecting Batter During Warm-Ups:**
When a pitcher is warming up in the bullpen or along the side of the field during a game or batting practice, there must be a player with a batting helmet and glove stationed between the batter and the pitcher and catcher to field balls hit in their direction.
16. **Managers/Coaches Cannot Warm Up Pitchers:**
Managers or Coaches must not warm up a pitcher at home plate or in the bullpen or elsewhere at any time. (Rule 3.09). This includes standing at the backstop during practices acting as an informal catcher for batting practice. However, they may stand by to observe a pitcher warm-up in the bullpen.
17. **ONLY batter and pitcher allowed in the batting cage at any one time.** Everyone else should be outside the cage and 10’ away from the net.
18. **No Soft Toss Against Fences:**
Soft toss drills using baseballs against any chain link fence are not permitted. Tennis balls may be used. Our fences have suffered damage through repetitive ball impact.
19. **Players Must Remain In Dugout:**
During games, offensive players must remain in the dugout throughout the game. The only exception to this rule is when a player needs to use the restroom, and in that case they must return immediately to the dugout. If only one adult Manager or Coach is present for a given time, he or she must remain in the dugout at all times and may not serve as a base coach [Rule 4.05(2)].
20. **Players Must Not Touch Bats in the Dugout:**
Players must not pick up or handle a bat while in the dugout until it is his/her time to bat.

21. No On Deck Circle(Except in Juniors):
There is no on-deck circle except in Junior and Senior Leagues. (Rule 1.08, Note 1). Only the first batter of each half inning is permitted outside the dugout between half-innings in the Major, Minor, T-Ball Leagues. (Rule 1.08, Note 2). This means that no player should handle a bat, even while in the dugout, until it is his time to bat. Players in the on deck circle at the Junior League level should be alert to the area around them when swinging a bat
No Head First Slides(Except in Juniors):
Head first slides are not permitted in the Major, Minor, and T-Ball leagues, except when returning to a base. Any runner at these levels who does so is out. [Rule 7.08(a)(4)].
22. Preventing Collisions at a Base or at Home:
In order to prevent collisions at a base or at home plate, the Playing Rules require the runner to slide or attempt to get around a fielder who has the ball and is waiting to make the tag [Rule 7.08(a)(3)].
23. Cleats:
Except in Juniors and Seniors, shoes with metal spikes or cleats are not permitted. Shoes with molded cleats are permissible. [Rule 1.11(h)].
24. No Horseplay:
At no time should “horseplay” be permitted on the playing field.
25. Pitching Machines:
Pitching Machines must be in good working order (including extension cords, outlets, etc.) and must only be operated by adult Managers and Coaches. Supervision of Ejected, Ill or Injured Children:
Players who are ejected, ill, or injured should remain under adult supervision until released to the child’s parent or guardian.
26. Managers will never leave an unattended child at a practice or game
27. A minimum of two parent adults are required at every game and one at every practice.

SAFETY EQUIPMENT

Regular Inspection of Equipment is Required:

Equipment should be inspected regularly as to its condition as well as

for proper fit. If any of your equipment needs to be repaired or replaced, please contact the 2017 Equipment Manager Steve Ihnot at equipment@nbll.com

Safety Balls:

Official Little League baseballs are used in North Boulder Little League. Single A division uses a RIF baseball (Reduced Injury Factor) and all other Divisions use an official LL hardball baseball.

Batting Helmet Standards:

Each team is provided with 6 batting helmets that must meet NOCSAE (National Operating Committee on Standards for Athletic Equipment) specifications and bear the NOCSAE stamp and an exterior warning label.

Helmets may not be re-painted and may not contain tape or reapplied decals unless approved in writing by the helmet manufacturer or authorized dealer. (Rule 1.16). If a player elects to use a personal helmet, it must meet Little League standards.

Use of Batting Helmets:

During practices and games, use of the helmet by the batter, all base runners, and youth base coaches is mandatory.

Heart Guards:

NBLL encourages pitchers to wear a "heart guard" of some type- either hard plastic or integrated into under-clothing.

Athletic Supporters/Cups Required:

All male players are required to wear athletic supporters. (Rule 1.17).

Cups Required for Catchers:

Male catchers must wear a metal, fibre or plastic type cup. Catcher's Required Safety Equipment:

All catchers must wear chest protectors with a neck collar, "dangling" type throat guard, shin guards, and catcher's helmet with mask, all

which meet Little League specifications and standards(Rule 1.17).

Catcher's Chest Protector:

All male catchers must wear a long-model chest protector. Female catchers must wear a long or short model chest protector (Rule 1.17).

Catcher's Helmet:

All catchers must wear a catchers helmet and mask with a "dangling" type throat protector during infield/outfield practice, pitcher warm -up, and games. The catcher's helmet must meet NOCSAE specifications and standards and bear the NOCSAE stamp. Catcher's helmets may not be repainted and may not contain tape or re-applied decals unless approved in writing by the helmet manufacturer or authorized dealer. Skull caps are not permitted (Rule 1.17).

T-Ball- Catcher's mask must always remain on when batting 'T' is in use.
Catcher's Mitt:

All catcher's must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.(Rule 1.12).

Umpire's Helmet:

Must remain on unless play suspended or stopped.

Mouthguards:

Children who pitch as well as all infielders should also be encouraged to wear mouthguards.

Safety Glasses:

Parents of players who wear glasses should be encouraged to provide "safety glasses" for their child.

Jewelry Not Allowed:

Players must not wear watches, rings, pins, jewelry or other metallic items during practices or games. This includes Lance Armstrong type wrist bands. However, jewelry that alerts medical personnel to a specific condition is permissible[Rule 1.11(j)].

Casts Not Permitted:

Casts may not be worn during practices or games. Persons wearing casts, including managers and coaches, must remain in the dugout during the game[Rule 1.11(k)].

Safety Bases:

Breakaway bases must be used at 1st, 2nd, 3rd bases. (Rule 1.06). These bases should be inspected regularly to ensure they are functioning adequately and do actually 'break away'.

No Bat Can Be White in Color or Altered:

White bats are prohibited. Any bat that has been altered must be removed from play(Rule 1.10).

Bat Specifications:

Non wood bats used in Majors and all other divisions of play must be printed with a Bat Performance Factor (BPF) of 1.15 or less. The BPF is a formula that measures how fast a baseball comes off the bat.

Batting Donuts Cannot Be Used:

The traditional batting donut cannot be used at any level of play (Rule 1.10, Note 1).

FIELD CONDITIONS MUST BE APPROPRIATE FOR SAFE PLAY

NBLL President, Field Manager, Safety Manager and Volunteer Safety Supervisor has all been involved in walking the fields with inspectors in structural engineering, electrical and fencing in efforts to gauge priorities and fix safety concerns. We have our priorities and are acting on these from recommendations with necessary upgrades/replacements. For example, we have recently replaced high priority unsafe fencing and backstops at Iris Fields. Protective fence covering is present on all Iris Fields fences and is inspected frequently. Children should not climb the fences, nor should spectators lean on fences. No soft toss against fence. Please observe all signage.

The LL National Facility Survey is completed and shall be kept on file for future years. Requirement #8

Field Inspection: Prior to each practice and game, The Manager or Coach of each team is required to inspect the field for holes, damage, stones, glass, foreign objects, and other potentially dangerous

conditions. No practices or games will be held if the field conditions are poor. Any dangerous conditions should be promptly reported to the NBLL Safety Officer.

Weather and Lighting Conditions: No games or practices should be held when weather or field conditions are unfavorable.

Please contact NBLL Field Director Doug Chamberlain at fields@nbll.com for any field concerns/information.

STORAGE SHED/EQUIPMENT SAFETY

The following procedures apply to all of the storage sheds and lock boxes used by the league and apply to anyone who has been issued the combination code key and access to all our facilities.

1. All individuals with the code to the league equipment sheds or lock boxes (i.e., Managers and Coaches) should be aware of their responsibilities for the orderly and safe storage of equipment. Newly installed security padlocks have been applied to all equipment boxes at all four ballfields. NBLL purchased new equipment box so all fields are outfitted with at least two for safe storage of baseball equipment.
2. Before you use any machinery located in the shed or locked equipment boxes (e.g., pitching machines, lawn mowers, weed whackers or other electrical equipment), please familiarize yourself with the proper use of the equipment. Locate and read the written operating procedures for the equipment. Otherwise, please discuss the proper use of the equipment with Steve Ihnot.
3. All chemicals or organic materials stored in league sheds shall be properly marked and labeled as to contents and placed high and securely on shelves above.
4. All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within the equipment sheds shall be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers.
5. Any witnessed "loose" chemicals or organic materials within these sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

Pitching Machines

While pitching machines are a proven safe and effective tool for hitting and fundamentals development, there are a few safety precautions to keep in mind.

All operators should review the manual that came with the pitching machine for full safety guidelines.

Only Managers and Coaches that have been trained on the usage of the pitching machine will be allowed to operate it.

Under no circumstances should players operate the machine.

All operators should be cautious of loose clothing or dangling strings from their clothing while operating the pitching machine.

*The equipment coordinator will complete an annual safety check of all five machines.

EMERGENCY UTILITY PROCEDURES

Gas: The only gas device is located at our Iris ball fields and is a propane BBQ situated near the Snack Shack. It is only to be operated by an adult. Never use BBQ in an enclosed area. A minimum of 10 feet clearance away from any building or water source. Before use, ensure all hose and valves are in good working order. Remember to turn propane off after use.

Electricity: In the event of electric fire immediately evacuate any persons in an organized manner. Turn main electric power breaker off. Call 911.

Water: In the event of water line leak, or a problem with sprinkler system at Iris Fields contact City Of Boulder Water Emergencies #.

During normal business hours: 7.30-3.30PM, M-F- 303 413- 7100

After 3.30PM, and on weekends call Betasso Water Treatment Plant: 303 441-3249

CONCESSION STAND SAFETY



The Snack Shack (Concession Stand) is located between the Southwest and Northwest Fields at Iris. NBLL has implemented a number of food safety guidelines. These will be posted in the Snack Shack and will be communicated to the individuals who volunteer at the Snack Shack during baseball games.

- The Snack Shack will be thoroughly cleaned and disinfected prior to Opening Day.
- All Snack Shack Volunteers are required to submit a Volunteer Application in accordance with the Little League Baseball regulations.
- In addition, all Snack Shack volunteers are required to familiarize themselves with Snack Shack procedures before working in the Snack Shack or handling food.

The Snack Shack has been inspected prior to the start of the season. Our electrician has inspected electrical for potential safety hazards. In 2013, we upgraded the electrical inside the snack shack.

- Fire extinguisher will be inspected periodically.
- All Snack Shack Volunteers must be in good health.
- All volunteers will understand general rules of hygiene and a safe food and drink environment. Food must be handled with utensils, paper towels or disposable gloves. There will be no direct contact with food.
- Regular check of expiration dates and condition of food.
- All non-perishable food will be stored at least six inches off the ground.
- All spills cleaned immediately. Trash disposed of at the end of the day.

For more information on safety procedures for the NBLL Snack Shack please refer to the NBLL Safety Manual.

Please contact Snack Shack Coordinator Todd Stafford for any questions/concerns.

Lightning Safety:



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.

In Boulder we experience a far worse than average lightning danger. It is important for coaches and officials to know some basic facts about lightning and its dangers.

-All thunderstorms that produce lightning and are dangerous. In an average year, lightning kills more people in the US than either tornadoes or hurricanes.

-The temperature of a lightning bolt is 50,000 degrees Fahrenheit

-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, long-term disabilities.

NORTH BOULDER LITTLE LEAGUE LIGHTNING POLICY

-Lightning detectors are situated at North Boulder Park, Iris Fields, Tom Watson and Centennial Baseball Fields and are to be used during games when weather is threatening. Instructions on use and safety bullets are with monitors.

-We do not rely solely on lightning detectors. Common sense is as important. If the lightning detector does not indicate imminent danger, adults, including the umpire, are free to evacuate or suspend play if their common sense dictates.

Games will be delayed when the device registers in the 20 mile range, or if weather conditions indicate imminent danger. We will have a 20 minute game delay whenever the detector flashes in that range or there is less than 30 seconds between an observed lightning flash and thunder, whichever occurs first.

-Home Team Manager and Team Parent will be responsible for appointing a lightning monitor for each game, and making sure the detector is stored in the nearest storage box/shed after the game.

Instructions are with monitors.

IF LIGHTNING DANGER IS DETECTED:

-All players to safety immediately!

The dugout is NOT SAFE! 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.

-At Iris Fields, Centennial and TWP seek shelter in vehicles. Use covered picnic shelter area at NBP or vehicles.

-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 20 minutes after the last thunder was heard.

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.

*The crouch will NOT significantly lower your risk of being killed or injured from a nearby lightning strike.

WHAT TO DO IF SOMEONE IS STRUCK BY LIGHTNING

-Lightning strike victims do not carry an electrical charge, are safe to handle, and need immediate medical attention.

-Call for help. Have someone call 911. 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.

Abuse, Harassment, & the Zero Tolerance Policy

What Is Abuse?

Children are being abused when someone uses his or her power or position to harm them emotionally, physically, or sexually.

Emotional Abuse

A verbal attack on a child's self esteem by a person in a position of power, authority, or trust such as a parent or coach. Occurs even if the attack is intended as a form of discipline or is not intended by the adult to cause harm

Takes many forms, including any of the following:

- Name calling ("Hey, Fatty!" or "Hey, Shorty" or "Hey, Mr. Klutz")
- Threatening ("If you don't win, you can forget about me buying that new DVD you want")
- Insulting ("You're stupid" or "You're clumsy" or "You're an embarrassment to our family" or "You don't deserve to wear that uniform.")
- Criticizing or ridiculing, ("You are a loser" or "I thought you were better than that. I guess I was wrong.")
- Intimidating ("Watch out kid, my son is going to break your nose")
- Yelling at a child for losing or not playing up to the adult's expectations
- Hazing
- Questioning ("Why didn't you win?" or "How could you let that guy beat you?")
- Shunning or withholding love or affection (not speaking to, hugging, or comforting your child after she plays poorly in a game or practice, or her team loses; showing obvious signs of disappointment)
- Punishing a child for not playing up to your expectations or when her

team loses

What Kind Of Damage Does Emotional Abuse Cause?

Perhaps because the damage caused by emotional abuse is not obvious, its effect is often overlooked and minimized. But experts say the damage is no less real, and, in fact, may be much more damaging and long-lasting:

- Children are deeply affected by negative comments from parents, coaches and other adults they look up to and respect.
- Children are much more sensitive than adults to criticism: being yelled at, put down, or embarrassed is much more likely to have negative psychological consequences and to cause the child to feel humiliated, shamed and degraded and damage her feeling of self-worth and self-esteem.
- If the abuse becomes chronic, a pattern of negative comments can destroy a child's spirit, motivation and self-esteem. Over time, the young athlete will begin to believe what adults say about them. Comments intended to improve athletic performance are likely to have precisely the opposite effect.
- Could adversely affect a child's ability to learn.
- Increases the likelihood that the youth will engage in unhealthy behaviors, including suicidal behavior, and delinquent and aggressive behaviors, during adolescence
- Has been linked to adverse health outcomes in adulthood, including mood and anxiety disorders and diseases
- Will "turn off" the child to exercise and participation in sports, preventing the development of a healthy adult lifestyle.
- Occurs when a person in a position of power, authority or trust such as a parent or coach purposefully injures or threatens to injure a child
- Takes many forms, including any of the following:

Physical Abuse

- Slapping
- Hitting
- Shaking
- Throwing equipment
- Kicking
- Pulling hair
- Pulling ears

- Striking
- Shoving
- Grabbing
- Hazing
- Punishing "poor" play or rules violations through the use of excessive exercise (extra laps etc.) or by denying fluids.

Sexual Abuse

All NBLL volunteers are subject to a National Sexual Offender background check. Little League International requires this.

What Is Harassment?

A child is considered to be harassed when she/he is threatened, intimidated, taunted, or subjected to racial, homophobic, or sexist slurs. Sexual harassment includes comments, contact or behavior of a sexual nature that is offensive, uninvited or unwelcome.

Zero Tolerance Policy

Any abusive or unsafe behavior that is witnessed or suspected by a umpire, player, coach, parent or other affiliated NBLL staff member should be reported to a member of the board of directors. The board of directors will discuss concerns as appropriate which might result in removal from participation in NBLL and potential expulsion. The player code of conduct delineates appropriate behavior and terms of expulsion clearly.

TRAFFIC SAFETY

For the safety of the children of North Boulder Little League, persons driving vehicles in the vicinity of our ballfields will do so with **extreme caution** for the safety of our children and with respect for the law.

Safety signage is applied to specific areas of danger/high traffic.

North Boulder Park

- Do Not Allow children to retrieve foul balls from the alley.



- Do Not Park in posted “No Parking” Zones in alley.
- Drive slowly and with caution at all times.

Centennial Middle School, Tom Watson Park, NBP and Iris Fields

Extreme caution must be taken when walking in parking lots, behind or in front of, parked vehicles.

Iris Fields

●Do Not Allow children to retrieve errant balls from 16th Street or Iris.

Please observe clear signage. Adults only to retrieve balls.

●Do Not drop off players on east side of 16th Street, instead use “Loading Zone” area on the west side of 16th Street. The City of Boulder has designated a section of the west side of 16th street as “No Parking-Passenger Loading/ Unloading.” The signage requires that this section be used only for dropping off and picking up your children before and after games. This way, your child does not need to cross 16th Street alone.

- Always drive slowly and with caution.

General Traffic Safety Rules

●Use crosswalks when crossing roadways. Always be alert for traffic. If your child is riding a bike or walking to and from the field:

- No hitch rides
- Know the route
- Use street crossings protected by traffic signals
- Be alert
- Bikers always wear a well-fitted helmet, secured under the chin.

We will not hesitate to contact Boulder Sheriff’s Department if any person is driving in a dangerous and unsafe way.

Boulder Sheriff: 303 441-3600

GENERAL SAFE PROCEDURES

-No medication will be given unless administered directly by the child’s parent. This included Aspirin and Tylenol.

-No playing in parking lots at any time.

- No playing on or around field maintenance equipment at any time.
- No smoking, no alcohol at any of the baseball facilities.
- No swinging bats or throwing baseballs at any time within walkways and common areas of the baseball fields.
- No throwing rocks
- No climbing fences, sheds, dugouts, trees around baseball fields.
- No running on bleachers
- Observe all posted signs
- Players and spectators should be alert at all times for foul balls and errant throws.

PROTECTING OUR CHILDREN

NBLL encourages parents and players to consider how they can incorporate safety in their thinking.

- Take note of people in the surrounding area and around the playing fields.
- Never leave a player alone after a practice.
- Make sure you know where your child is at all times.
- Report any suspicious person(s).

REPORTING

Accident Reporting and Tracking Procedure

In the event of an accident or injury to a Player, Manager, Coach, Umpire or Spectator that requires treatment by a physician or other medical provider, you **MUST** notify the NBLL Safety Officer within 24 hours. Injury Tracking Forms are available under Documents and Forms at www.nbll.com. The League Safety Officer and Team Parents will carry these forms so they are available at the field. Team Parents are encouraged to track “near-misses” and communicate these with the Safety Officer. These forms should be submitted via email to safety@nbll.com

What to Report

An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the league safety officer within 48 hours of incident. This includes

even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to Report

All such incidents described above must be reported to the Safety Officer within 48 hours of the incident. The Safety Officer is: Dr Jessica Knape who can be reached email safety@nbll.com

How to Make the Report

Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be given:

- Name and phone number of the person involved
- Date, time, and location of the incident
- Detailed description of the incident
- Preliminary estimation of the extent of any injuries
- Name and phone number of the person reporting the incident.

Safety Officer's Responsibilities Within 48 hours of receiving the incident report

the Safety Officer will contact the injured party or the party's parents and:

- (1) Verify the information received;
- (2) Obtain any other information deemed necessary;
- (3) Check on the status of the injured party; and
- (4) In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of North Boulder Little League's insurance coverages and the provisions for submitting any claims.

If the extent of the injuries are more than minor in nature, the Safety Officer shall periodically call the injured party to (1) check on the status of any injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).



The Little League® Pledge

I trust in God.
I love my country
and will respect its laws.

I will play fair and strive to win.

But win or lose I will always do my best...