



2019 SAFETY PLAN

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2019 SAFETY PLAN

Overview

This Safety Plan has been prepared in accordance with the rules established by Little League International. It explains the organization of the league and sets forth the rules and procedures for governing North Boulder Little League (NBLL).

League Safety Officer

On record with the Little League Data Center for the current season:

Rachel Lee
Safety@NBLL.com
CELL: (720) 324-0501

Availability of Safety Plan

Printed copies of this Safety Plan are provided to every team within the league and maintained in the Snack Shack at Iris Fields. An electronic version is maintained on the league's website at www.NBLL.com, and its availability is communicated to all NBLL families through an electronic communication from the Safety Officer at the start of each season.

Organization of North Boulder Little League

The North Boulder Little League ("NBLL") is an all-volunteer run local league organized under and governed by the Rules and Regulations of Little League® Baseball and Softball ("Little League"). Pursuant to the league's constitution, the management of the property and affairs of NBLL is vested in its Board of Directors ("Board"), which is elected by the league's members on an annual basis. For a current list of Board members and copies of the NBLL Constitution and By-laws, please visit www.NBLL.com.

Safety Officer

The Safety Officer is an appointed member of the Board of Directors and is allocated an annual budget to conduct safety education and compliance, as well as maintain safety supplies.

Fields Committee

The Fields Committee consists of a number of appointed members of the Board of Directors and is allocated an annual budget to conduct fields maintenance and improvements.

Equipment Coordinator

The Equipment Coordinator is an appointed member of the Board of Directors

Emergency Contact Information

The following Board members should be consulted in the event of an emergency involving the league:

President, Alyssa Steinberger	Safety Officer, Rachel Lee
President@NBLL.com	Safety@NBLL.com
(201) 655-9653	720-324-0501

These individuals' names and contact information are published on the league's website at www.NBLL.com and circulated *via* this Safety Plan to all NBLL teams. In addition, the Safety Officer's contact information is posted on a public message board at Iris Fields, the league's home territory.





Facility Locations & Emergency Contact Numbers

NBLL currently operates out of five facilities in North Boulder.

- Iris Fields ("Iris")
- North Boulder Park ("NoBo")
- Centennial Middle School ("CMS")
- Tom Watson Park ("TWP")
- Stazio Fields ("Stazio")

Following is a description of each facility and the associated safety features. None are equipped with landlines (NO TELEPHONE SERVICE). **All volunteer managers and coaches are required to have a working cell phone with them in the event of an emergency.** Non-critical emergency phone numbers are included in each facility description. All safety issues concerning the status of these fields should be brought to the immediate attention of the individuals identified above.

The following symbols are used to designate the safety features for each facility:

 <p>AED Automated External Defibrillator available</p>	 <p>FIRST AID First Aid Kit available</p>
 <p>designated lightning shelter</p>	 <p>H₂O drinking water available</p>

IRIS FIELDS

Iris Fields ("Iris")
 3455 16th Street (near Iris Ave.)
 Boulder, Co. 80304



PHOTO CREDIT: Google Maps

Activities	Opening Day; AA/AAA/Majors/Intermediates/All-Stars/Summer League games and practices
Non-Emergency Contact	Boulder County Dispatch (303) 441-4444
Lightning Shelter	Cars – shelter in cars only
AED	16th St. Shed
First Aid	16th St. Shed, Snack Shack, Equipment Shed
Water	Water fountain
Restrooms	Port-a-Potties
Changing Facilities	n/a

IN CASE OF EMERGENCY, CALL 911

NOBO PARK

North Boulder Park (“NoBo”)
 2848 9th St. (near Dellwood Ave.)
 Boulder, Co. 80304

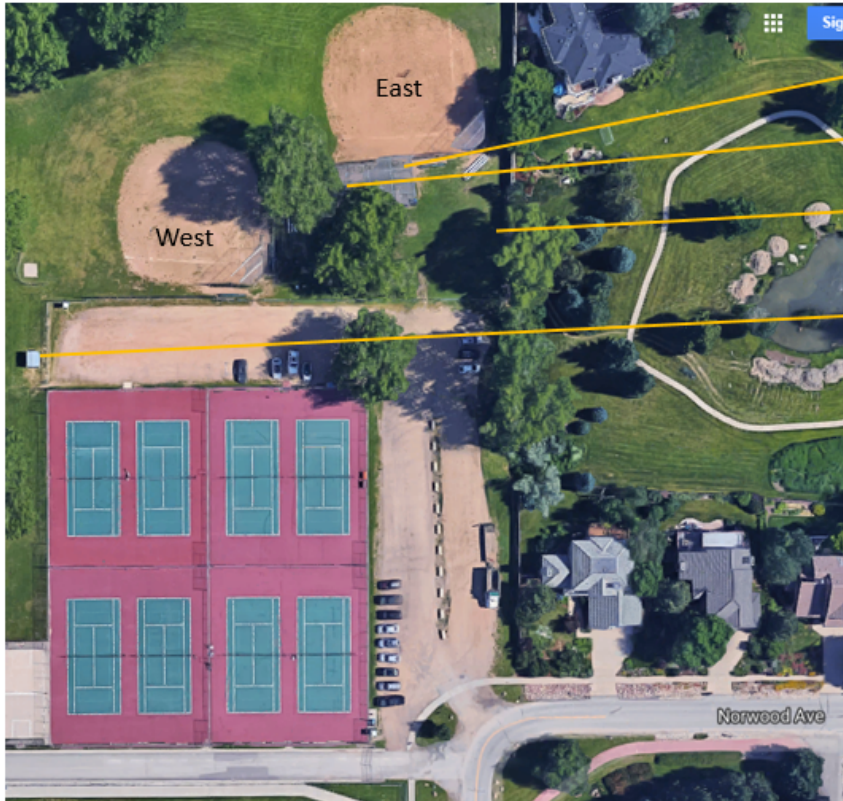


PHOTO CREDIT: Google Maps

Activities	Minors (AA, AAA divisions) games and practices
Non-Emergency Contact	Boulder County Dispatch (303) 441-4444
Lightning Shelter	Covered pavillion, cars
AED	n/a
First Aid	Equipment box
Water	Public restrooms, water fountain
Restrooms	Public restrooms
Changing Facilities	n/a

IN CASE OF EMERGENCY, CALL 911

Centennial Middle School (“CMS”)
 2205 Norwood Ave.
 Boulder, Co. 80304



- batting cages
- equipment boxes (2)
located inside batting cages
- shed
- Port-a-Potties



PHOTO CREDIT: Google Maps

Activities	Farm (A, T-ball divisions) games and practices
Non-Emergency Contact	City of Boulder Dispatch (303) 441-3333
Lightning Shelter	cars
AED	n/a
First Aid	equipment box
Water	n/a
Restrooms	Port-a-Potties
Changing Facilities	n/a

IN CASE OF EMERGENCY, CALL 911

Tom Watson Park (“TWP”)
 6180 N. 63rd St. (near IBM Plant & Foothills Pkwy)
 Boulder, Co. 80301

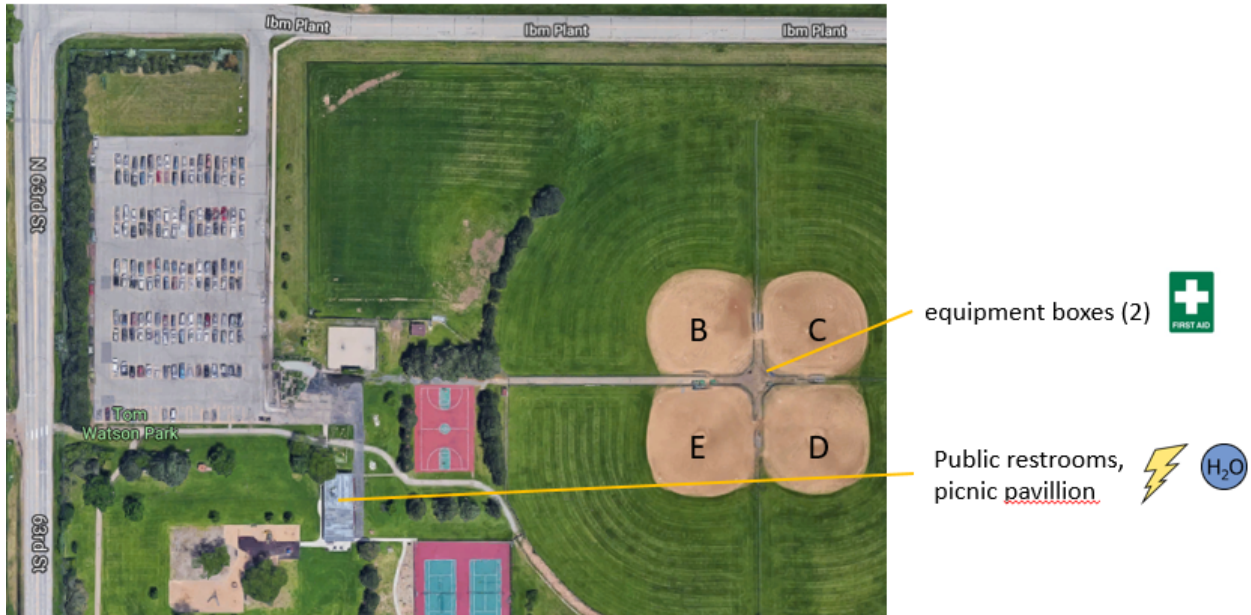


PHOTO CREDIT: Google Maps

Activities	Minors (AA, AAA) games and practices
Non-Emergency Contact	City of Boulder Dispatch (303) 441-3333
Lightning Shelter	covered pavilion, cars
AED	n/a
First Aid	equipment box
Water	public restrooms
Restrooms	Port-a-Potties
Changing Facilities	n/a

IN CASE OF EMERGENCY, CALL 911

Stazio Fields
 2445 Stazio Drive,
 Boulder, CO 80301

STAZIO



Photo credit: City of Boulder

Activities	Make-up games and practices
Non-Emergency Contact	City of Boulder Dispatch (303) 441-3333
Lightning Shelter	Restroom facilities, cars
AED	n/a
First Aid	Coaches to carry travel first-aid kits
Water	Yes
Restrooms	Yes
Changing Facilities	n/a

IN CASE OF EMERGENCY, CALL 911

Emergency Procedures

In the event of a non-critical emergency, individuals are advised to call the dispatch number corresponding with the location of the facility. Phone numbers provided above for each facility. Please note that Iris Fields falls under Boulder County jurisdiction. The other four facilities are subject to the jurisdiction of the City of Boulder. The emergency dispatch numbers vary accordingly.

In the event of a CRITICAL EMERGENCY, individuals are advised to perform the following:

1. Tell someone to call 9-1-1. If alone, call 9-1-1 by self.
2. Caller to provide nature of emergency, location, name and callback number.
3. Caller to remain on phone and follow guidance of emergency dispatcher.
4. In the event of cardiac emergency, put phone on SPEAKER and follow guidance of emergency dispatcher. If at Iris Fields, AED available in 16th St. Shed. Designate someone to retrieve it while rendering assistance. AED will guide individual through performance of CPR and administration of shock where necessary.
5. Tell someone to go to street and look for ambulance or other emergency vehicle.
6. Stay with injured party until help arrives.
7. If injured person is a player, or other minor under league's jurisdiction (umpire, Snack Shack worker), contact individual's parent/legal guardian ASAP to inform them of circumstances.
8. If parent or legal guardian unavailable, accompany the injured to an emergency treatment center with ambulance. Bring player's Medical Release and be sure to point out any medical issues to EMTs and treatment center providers.

TROUBLESHOOTING CELL PHONE RECEPTION ISSUE

Take cell phone off wi-fi if encountering difficulty establishing cell reception.

Emergency Treatment Locations

Coaches and managers are required to have with them during all games and practices the Medical Release document for each of their players. This Medical Release designates treatment facility locations specific to each player. Following are the primary treatment centers (ER and urgent care centers) within the City of Boulder:

Foothills Hospital
4747 Arapahoe Ave.
Boulder, Co. 80303
Tel: (303) 415-7000

Boulder Medical Center
(urgent care facility)
2750 Broadway St.
Boulder, Co. 80304
(303) 440-3000

Concentra Urgent Care
3300 28th St.
Boulder, Co. 80301
(303) 541-9090

Medical Release Forms

Each player is required to have a completed Medical Release form (ATTACHMENT 1) on file with his/her team manager by the start of the season. The Medical Release provides the emergency contact information for each player and serves as the necessary legal consent for medical treatment where the player's parent or legal guardian is unavailable. Without the appropriate legal consent, an individual could be refused medical treatment in the event of an emergency. This form must physically accompany the player's team manager (or an assistant coach in the event of the manager's absence) to all games and practices.

In addition to providing the names and telephone numbers of the player's family physician and emergency contacts, the Medical Release identifies any known medical issues. The player's team manager and any assistant coaches must familiarize themselves with such issues and be prepared to act accordingly.

Accident Reporting & Tracking

Incident/Injury Reports

All incidents and injuries incurred during the course of Little League activity should be reported to the NBLL Safety Officer within 24-48 hours of occurrence. Coaches and managers are required to complete the Incident/Injury Tracking Report (ATTACHMENT 2) and submit it to the Safety Officer via email to Safety@NBLL.com or in person. An electronic copy of the Incident/Injury Tracking Report can be found on the league's website at www.NBLL.com under "Documents and Forms".

Within 48 hrs of receiving the report, the Safety Officer is responsible for the following:

- checking on the status of the injured party
- verifying the information received
- obtaining any other information deemed necessary
- advising the injured party, or his/her parent/legal guardian where the injured party is a minor, of the procedures for filing an insurance claim through the league

The Safety Officer is responsible for retaining Incident Reports in the league's records for use in developing and amending NBLL safety policies and filing insurance claims where applicable. The Safety Officer is also responsible for sharing information on accidents and "near-misses" with the District 2 Administrator.

The Incident/Injury Tracking Report assists the league in evaluating potential safety hazards and unsafe practices. For this reason, the NBLL community is advised to report all incidents, including "near-misses", to the Safety Officer as soon as possible. "Near-misses" include activity not only on the playing fields, but also in and around the facilities where NBLL conducts league activity.

Accident Notification Claim Forms

The Safety Officer is responsible for preparing the Accident Notification Claim form for any eligible participants in conjunction with injuries incurred through league play. The information contained in the Incident/Injury Tracking Report is necessary to assist in the preparation of such claims.

Child Welfare

Volunteer Background Checks

NBLL is required by Little League to conduct national criminal background checks, in addition to a search of the Department of Justice National Sex Offender Registry, for each volunteer with regular service to the league or repetitive access to children. To this end, Little League provides the services of J.D. Palaine (“JDP”) with access to more than 450 million records, including criminal records and sex offender registry records across 50 states and the District of Columbia.

The NBLL Board requires all coaches, managers, Board members, umpires, and Snack Shack personnel (over the age of 18), even those returning ones, to complete the Volunteer Application provided by Little League on an annual basis. In conjunction with an individual’s Volunteer Application, NBLL conducts a background check consistent with Little League policy, including a review of government-issued photo identification for ID verification. The NBLL President retains this confidential information for up to two years following the conclusion of an individual’s service to the league then destroys it consistent with Little League policy. NBLL will not extend league membership to anyone who refuses to fill out the Volunteer Application. The Volunteer Application is completed online through the JDP website, and volunteers will be emailed a link. For information, a blank copy of the Volunteer Application form may be found in the Little League Forms & Publications (see link below).

Background checks constitute a critical element of the [Little League Child Protection Program](#). The mission of this program is to “educate children and volunteers in ways to prevent child abusers from becoming involved in the local league.” An electronic copy of “A Parent’s Guide to the Little League Child Protection Program” and accompanying “Questions and Answers About the Child Protection Program” is made available on the Little League International website, [Little League Forms & Publications](#). NBLL is committed to complying with this program, as with all state and federal laws governing amateur youth sports organizations with regard to child abuse.

Player and Manager/Coach Registration

NBLL is required to register all players, coaches, and managers with Little League at the start of each season. This information is submitted via the Little League Data Center at LittleLeague.org and is currently underway for the 2019 season. (Upon completion, add completion date here.)

Persons Allowed on the Field & in Dugouts

The only individuals allowed on the field or in the dugout during a game or practice are the following:

- registered players
- registered coaches and managers
- official umpires

Leaving Players Unattended

Coaches and managers are required to stay after practices and games until every player has been accounted for. No player is to be left alone after practice.

Abuse & Harassment Policy

NBLL maintains a zero tolerance policy on abusive and unsafe behavior toward any minor under the league’s jurisdiction. This includes toward any minor player, umpire, concession stand worker, or other underage individual by anyone. Coaches and other volunteers should employ the “buddy system” when working with children. This means having more than one adult present (or a second adult within an

observable and interruptible distance) for interactions between players and adults, except in emergencies.

This zero-tolerance policy includes:

- physical abuse
- emotional abuse
- verbal abuse
- bullying
- sexual abuse
- sexual harassment

Anyone who witnesses any such behavior is required to report it to the current Safety Officer or any member of the NBLL Board of Directors immediately.

Failure by a U.S. amateur sports organization participating in interstate or international amateur competition to report a suspected case of sex abuse to local or federal law enforcement or to a child-welfare agency designated by the U.S. Justice Department is now subject to criminal penalties under federal law (AKA, Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017).

Little League takes its obligations to protect children from such abuse very seriously and, to this end, provides numerous resources for local leagues to share with their communities on its website, [Little League Forms & Publications](#). Among the documents provided are the following three published by the National Center for Missing & Exploited Children:

- Safe to Compete: Protecting Child Athletes from Sexual Abuse; Discussion Guide: Ages 5-10
- Safe to Compete: Protecting Child Athletes from Sexual Abuse; Discussion Guide: Ages 11-17
- Safe to Compete: Tips for Protecting Child Athletes from Sexual Abuse

Additional resources available at www.SafeToCompete.org

Code of Conduct Forms

Consistent with the league's zero tolerance policy, NBLL requires that each player sign a Player Code of Conduct form, acknowledging his/her obligation to exercise appropriate behavior at every game and practice and the consequences for failure to do so. The player's parent or legal guardian is likewise required to sign a Parent Code of Conduct acknowledging the same. An uncompleted, blank copy of the Player Code of Conduct is provided as ATTACHMENT 3 to this Safety Plan; Parent Code of Conduct as ATTACHMENT 4. These signed documents are maintained by the player's team manager.

Fundamentals Training

NBLL requires every coach and manager to attend a training session at the start of each season. Training includes fundamentals of baseball (throwing, catching, sliding, pitching, hitting, fielding, etc.), positive coaching (following guidelines from the Positive Coaching Alliance, a non-profit organization with which Little League has partnered to assist local leagues in the development of their athletes), Little League rules, game and field management, and safety requirements, among other topics. The training session covers the current NBLL Safety Plan and reviews first aid training. The Safety Officer is required to keep a record of all coaches' and managers' attendance, in order to meet the Little League's

requirement that at least one coach/manager from every current team has attended a fundamentals training session at least once in the preceding three years. The PCA's mission is to develop "better athletes, better people" through the provision of "resources for youth and high school sports coaches, parents, administrators and student-athletes." For more information about PCA, visit www.positivecoach.org.

2019 Training Date & Location

This year's Fundamentals Training will take place on **Tuesday, March 19, 2019**.

First Aid

First Aid Training

NBLL requires every coach and manager to attend a first aid training session at the start of each season. This training is provided in conjunction with the league's PCA Training session and covers the following:

- basics of "RICE" (Rest, Ice, Compression, Elevation)
- injury prevention (including heat illness, sun danger)
- availability and location of first aid kits
- availability and location of instant cold compresses (ice packs)

The Safety Officer is required to keep a record of all coaches' and managers' attendance, in order to meet the Little League's requirement that at least one coach/manager from every current team have attended a fundamentals training session at least once in the preceding three years.

2019 Training Date & Location

This year's first aid training will take place in conjunction with the Fundamentals Training event on **Tuesday, March 19, 2019**.

First Aid Kits

First aid kits are required by Little League at every team game and practice. Because all NBLL regular season and summer league games and practices are conducted at the facilities identified in the preceding section, "Facilities and Emergency Contact Numbers," the league stocks each with a first aid kit and ample supply of ice packs to ensure the safety of its players and NBLL community at large. The four facilities identified constitute "on-site" facilities. The league maintains separate first aid kits for "off-site" travel, which is limited to NBLL's tournament teams (i.e., All-Star teams) and requires each All-Star team manager to bring a travel first aid kit to every "off-site" game and practice.

The facility-specific site plans identify the locations of the first aid kits for each facility. With the exception of Iris Fields and Stazio Fields, the first aid kits are maintained in the equipment boxes at each facility. At Iris, they are kept in the 16th St. Shed, the Equipment Shed, and the Snack Shack. For Stazio, coaches will carry a travel kit. The first aid kits for travel are maintained in the Equipment Shed at Iris Fields.

Each first aid kit consists of, at a minimum, the following:

- band-aids
- instant cold compresses (AKA, ice packs)
- CPR face shields
- scissors and tweezers
- gauze
- tape

Along with first aid kits, multiple ice packs are also supplied at every location, and each team is provided with ice packs for their equipment bags. A stock of ice packs is maintained in the 16th St. Shed at Iris for replenishment of team equipment bags during the season.

The Safety Officer is responsible for ensuring that all of the first aid kits are fully stocked at the start of each season and maintained throughout the season. The Safety Officer is also responsible for maintaining the stock of ice packs at each facility.

Administration of Medications

NBLL prohibits its volunteers from administering medications to any individual.

Concussion Management

Under Colorado state law (AKA, Jake Snakenberg Youth Sports Concussion Act), certain youth sports organizations are required to provide concussion management training to their coaches. To this end, NBLL requires every coach and manager to complete an online training course provided by the U.S. Centers for Disease Control and Prevention ("CDC") on its website at:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

A link to this free online program is provided on the league's website for the benefit of the NBLL community at large.

NBLL also requires that each player and his/her parent or legal guardian read and sign a Concussion Information Sheet (ATTACHMENT 5) as an Addendum to the Medical Release form.

This signed document is maintained by the player's team manager. The league provides this same information on the Safety page of its website.

CPR & AED

NBLL requires all of its coaches, managers, and Board members to complete CPR and AED certification training, consistent with the league's obligations under Colorado state AED law. Provided as ATTACHMENT 6 to this Safety Plan is a complete description of the league's AED Program.

The Safety Officer is responsible for developing and administering the league's AED Program, which includes maintenance of the one AED device in the league's possession. Complete maintenance instructions are contained in the League Safety Officer Manual, as well as with the device itself.

AED Location

The AED is located in the 16th St. Shed at Iris Fields. The shed is secured by a lock code shared with all NBLL volunteers, including, but not limited to, coaches, managers, and Board members. It is maintained in plain sight on a shelf directly across from the entrance to the shed.

Facility Maintenance & Inspection

Fields Committee

The NBLL Board of Directors maintains responsibility for ensuring the proper maintenance and safety of all five facilities at which the league conducts activity. To this end, certain members of the Board are appointed to serve on the Fields Committee. This committee is responsible for physically inspecting the conditions at all five facilities – Iris, NoBo, CMS, TWP and Stazio – and bringing any safety issues to the attention of the responsible municipal officials. While the league is primarily responsible for the maintenance of Iris Fields, it is not responsible for the maintenance of the NoBo, CMS, TWP or Stazio ballfields. The Board works with city and county officials to ensure that any safety issues involving the latter facilities are addressed in a timely fashion.

Team Manager

Team managers are responsible for ensuring that the fields they play on are safe prior to each game and practice. This includes a physical inspection of the field for holes, glass or other foreign objects, and proper functioning of the disengageable bases, etc. This includes picking up any pet waste prior to practices or games. The team manager must report any unsafe playing conditions to the Safety Officer as soon as possible.

Iris Fields

The Board maintains a budget for the maintenance of Iris Fields, including contracted field work, capital structures (dugouts, fencing, scoreboards, Snack Shed, sheds, batting cage, bleachers, etc.), and associated equipment (utility vehicle, weed wackers, and other tools). A number of safety features have been incorporated at Iris Fields, including:

- protective fence topper to protect fielders and spectators
- elevated fencing and netting in certain areas to protect spectators
- disengageable bases (all fields at all four facilities)

Annual Little League Facility Survey

Consistent with Little League policy, NBLL completes a comprehensive Facility Survey of all four facilities at which it conducts operations prior to the start of each season. The current year's survey is provided as ATTACHMENT 7 to this Safety Plan.

Concession Stand

Snack Shack at Iris Fields

NBLL maintains a concession stand (AKA, Snack Shack) at Iris Fields, where it serves only pre-packaged, processed foods and bottled beverages. Cooking, aside from use of the microwave to prepare popcorn, is not conducted at the Snack Shack. The Snack Shack is not plumbed, i.e., no sink. There is a fire extinguisher in the Snack Shack, along with a first aid kit and ice packs.

A member of the NBLL Board is appointed to coordinate the activities of the Snack Shack (Snack Shack Coordinator), including:

- personnel training of Snack Shack personnel in safe food handling
- scheduling of personnel shifts (Snack Shack only open during games)

- proper sanitation (trash removal at end of every day)
- proper food storage (minimum 6" from ground)
- disposal of expired food and beverage items during the season
- maintenance of the fire extinguisher
- maintenance of refrigerator and microwave
- disposal of all food and beverage items at the end of the season
- stocking of all food and beverage items during the season
- regular cleaning and disinfection of the premises during the season
- procurement of municipal health certificate at start of every season

Storage Sheds

NBLL maintains the following policies with regards to the three storage sheds at Iris Fields:

- No children allowed inside. Policy extends to Snack Shack.
- For access to Lost & Found, a manager, coach, Board member or other adult volunteer should be consulted.
- All sheds (and Snack Shack) must remain secured by lock with code when not in use. Lock codes are to be shared only with coaches, managers, Board members, and other adult volunteers.
- Chemicals and other loose materials (e.g., chalk for lining fields) should be stored away from sharp objects to avoid damage to packaging and unnecessary spills.
- The storage sheds are not to be used as changing rooms.

Equipment Maintenance & Inspection

Baseball Equipment

Consistent with Little League rules and regulations, NBLL requires the use of certain equipment in conjunction with league play.

MANDATORY

- baseball bats conforming with the USA Baseball™ standard
- batting helmets
- athletic supporters (male players only)
- catcher's gear, including mask with throat protector

HIGHLY-RECOMMENDED

- batting helmets with safety masks
- mouth guards
- heart guards

Players are expected to provide their own baseball mitts and baseball bats, but the league provides every team with one set of catcher's gear, extra batting helmets, and a supply of balls. The type of balls supplied to each team varies by division. The Farm teams (Single A and T-ball divisions) are supplied with RIF baseballs. ("RIF" stands for Reduced Injury Factor.) All other teams use official Little League baseballs per Little League rules.

NBLL also provides the following protective gear for its umpires: face masks, chest protection pads, and shin guards.

A member of the NBLL Board of Directors, the Equipment Coordinator, is tasked with coordinating league-supplied baseball equipment and ensuring its proper maintenance. The Equipment Coordinator is responsible for going through all league-owned equipment at the start of every season and permanently disposing of any items no longer in safe operating condition, as well as for procuring replacement gear as necessary.

Managers and coaches are responsible for ensuring that their players are properly equipped at each practice and game. Issues with any league-provided equipment should be brought to the attention of the Equipment Coordinator. Issues with any player-supplied equipment should be brought to the attention of the player and his/her parent or legal guardian.

Umpires are responsible for ensuring that all equipment is in compliance with division-specific league rules prior to the start of every game. These division-specific (Majors, AAA, AA, Single A, and T-ball) "Playing Rules" can be found on the league's website under "Documents and Forms."

Field Equipment

NBLL maintains field equipment compliant with rules issued by Little League. All facilities are equipped with disengageable (breakaway) bases. Coaches and managers are responsible for inspecting the proper operation of these bases prior to every game and practice and ensuring that any non-functioning bases are removed from play. Non-functioning bases must be brought to the attention of a member of the Fields Committee or Safety Officer as soon as possible. All other field equipment is subject to the following policies:

- Pitching Machines at Iris Fields: for use only by managers and coaches who are required to inspect and test them prior to operation; not to be taken off-site; operating manuals must remain by the machines for ease of reference
- Pitching Screens: inspected by the Fields Committee prior to the start of every season and maintained by the same
- Batting nets and tees: managers and coaches are responsible for inspecting them prior to use
- Batting cages at Iris Fields: no metal cleats allowed inside; inspected and maintained by the Fields Committee
- Utility Vehicle at Iris Fields: maintained and inspected by the Fields Committee prior to the start of every season; operation permitted only by adult volunteers; not to be taken off-site
- Landscaping Implements at Iris Fields: maintained and inspected by the Fields Committee prior to the start of every season; use of permitted only by adult volunteers
- Other Maintenance Tools: maintained and inspected by the Fields Committee prior to the start of every season; use of permitted only by adult volunteers

Any safety issues observed with this equipment should be brought to the attention of the Fields Committee, Equipment Coordinator, or Safety Officer as soon as possible.

Little League Rules

All managers and coaches are provided with a copy of the current Little League Rules at the PCA Training session. They are required to enforce these rules, which include many designed to ensure the safety of the players. These include, but are not limited to, those governing:

- pitch counts
- sliding
- on-deck batting circles (NOT allowed)
- player attire (NO metal cleats, NO jewelry, MANDATORY protective gear)
- dugout behavior
- thrown bats
- offensive player behavior (see also NBLL Code of Conduct)
- batting helmet decoration (NOT allowed)
- batting donuts (NOT allowed)
- medical casts (NOT allowed)
- coaches and managers serving as catcher to warm up pitchers or standing at backstop during practice as informal catcher for batting practice (NOT allowed)
- disengageable bases (coaches and managers required to inspect)

NBLL maintains division-specific NBLL Playing Rules and posts them on its website.

Lightning

Lightning Policy

When lightning is observed or thunder heard, all activities on the fields must cease immediately. The following individuals are empowered to stop activities in the event of an impending lightning storm:

- umpire
- manager or coach
- member of NBLL Board of Directors

Everyone must evacuate the field and seek shelter in a safe structure, i.e., a building with a sturdy roof and electrical or plumbing lines or an enclosed vehicle with its windows fully closed. Dugouts, sheds and picnic shelters devoid of ground wires, do not provide adequate shelter; this includes the sheds and Snack Shack at Iris fields; NONE of which are to be used for lightning shelters. Metal bleachers and chain link fencing present great risk of conducting electricity. Team managers and coaches are responsible for getting their players and their families off the fields and directed into safe structures.

Game play, and other activity, may not resume for 30 minutes following the last clap of thunder.

The decision to resume game play requires the unanimous agreement of the umpire(s) and both (home and away) team managers.

Safe Structures

Managers and coaches are required to employ the following facility-specific safe structures in the event of lightning:

- Iris Fields: cars only
- NoBo Park: restrooms, cars
- CMS: cars only
- TWP: restrooms, cars
- Stazio: restrooms, cars

If unable to reach safety in time, individuals are advised to assume the safest position possible by crouching down on the balls of their feet, placing their hands over their ears and tucking their heads down. The goal is to minimize target size of body and contact with the ground.

Emergency Procedures for Lightning Victims

If safe to attend to an individual who has been struck by lightning, i.e., storm has passed, one should initiate CRITICAL EMERGENCY procedures outlined on p. 7 immediately. This includes the administration of CPR where circumstances require it and use of an AED where available.

Traffic Safety

The following rules are to be observed by the NBLL community:

- No parking in the loading zone at Iris Fields (signed).
- Only adults may retrieve balls from streets and alleys -- anywhere open to vehicular traffic

ATTACHMENT 1



Little League® Baseball and Softball MEDICAL RELEASE



NOTE: To be carried by any Regular Season or Tournament Team Manager together with team roster or International Tournament affidavit.

Player: _____ Date of Birth: _____ Gender (M/F): _____
 Parent (s)/Guardian Name: _____ Relationship: _____
 Parent (s)/Guardian Name: _____ Relationship: _____
 Player's Address: _____ City: _____ State/Country: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR LEGAL GUARDIAN AUTHORIZATION: _____ Email: _____

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/legal guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
------	-------	------------------------

Name	Phone	Relationship to Player
------	-------	------------------------

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____
Authorized Parent/Guardian Signature Date:

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____

Division: _____ Team: _____ Date: _____

WARNING: PROTECTIVE EQUIPMENT CANNOT PREVENT ALL INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN BASEBALL/SOFTBALL.
 Little League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual preference or religious preference.

ATTACHMENT 2

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:

<p>A.) On Primary Playing Field</p> <p style="padding-left: 20px;"><input type="checkbox"/> Base Path: <input type="checkbox"/> Running or <input type="checkbox"/> Sliding</p> <p style="padding-left: 20px;"><input type="checkbox"/> Hit by Ball: <input type="checkbox"/> Pitched or <input type="checkbox"/> Thrown or <input type="checkbox"/> Batted</p> <p style="padding-left: 20px;"><input type="checkbox"/> Collision with: <input type="checkbox"/> Player or <input type="checkbox"/> Structure</p> <p style="padding-left: 20px;"><input type="checkbox"/> Grounds Defect</p> <p style="padding-left: 20px;"><input type="checkbox"/> Other: _____</p>	<p>B.) Adjacent to Playing Field</p> <p style="padding-left: 20px;"><input type="checkbox"/> Seating Area <input type="checkbox"/> Travel:</p> <p style="padding-left: 20px;"><input type="checkbox"/> Parking Area <input type="checkbox"/> Car or <input type="checkbox"/> Bike or</p> <p>C.) Concession Area <input type="checkbox"/> Walking</p> <p style="padding-left: 20px;"><input type="checkbox"/> Volunteer Worker <input type="checkbox"/> League Activity</p> <p style="padding-left: 20px;"><input type="checkbox"/> Customer/Bystander <input type="checkbox"/> Other: _____</p>
<p>D.) Off Ball Field</p> <p style="padding-left: 20px;"><input type="checkbox"/> Travel:</p> <p style="padding-left: 20px;"><input type="checkbox"/> Car or <input type="checkbox"/> Bike or</p> <p style="padding-left: 20px;"><input type="checkbox"/> Walking</p> <p style="padding-left: 20px;"><input type="checkbox"/> League Activity</p> <p style="padding-left: 20px;"><input type="checkbox"/> Other: _____</p>	

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 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.

Prepared By/Position: _____ Phone Number: () _____

Signature: _____ Date: _____

ATTACHMENT 3

Player Code of Conduct

North Boulder Little League has implemented the following Code of Conduct for the important message it holds about the proper role of children in sports. Players should read, understand and sign this form prior to participating in our league.

Any player guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games. Additionally, players who violate this code of conduct may forfeit their rights to participate in tournament play.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will inform the coach of any physical disability or ailment that may affect my safety or safety of others.
2. I will learn the rules of the game and the policies of the league.
3. I (and my guests) will be a positive role model and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.

4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
5. I will refrain from any behaviors or practices that would endanger the health and well being of the athletes.
6. I will play by the rules and resolve conflicts without resorting to hostility or violence.
7. I will treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
8. I will support my team by doing my best at all times at practices and games.
9. I understand that doing my best and demonstrating good teamwork and sportsmanship are more important than winning.
10. I will never ridicule or yell at other players for making a mistake or losing a competition.
11. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
12. I will demand a sports environment that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
13. I understand that only adults are permitted to operate (turn on, adjust or feed balls into) pitching machines at NBLL facilities and I will therefore not operate a pitching machine.

Player Signature

ATTACHMENT 4

Parent Code of Conduct

North Boulder Little League has implemented the following code of conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in the league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations of the Code of Conduct may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games and practices.

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good Citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I understand that the Board of Directors will appoint the manager and coach(es) for my child's team, and I will not protest their appointment or attempt to undermine their position in any manner.
6. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game and practice.
7. I (and my guests) will not engage in any kind of

unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.

8. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
9. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
10. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
11. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
12. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
13. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
14. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
15. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
16. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
17. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
18. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
19. If I cannot resolve a conflict by using this code of conduct, I will read and agree to follow the NBLL Conflict Resolution Guidelines and Procedures (available on the NBLL website).

Parent/Guardian Signature

ATTACHMENT 5

NORTH BOULDER LITTLE LEAGUE MEDICAL CONSENT ADDENDUM

Concussion

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear.

SYMPTOMS OF CONCUSSION

- Headache
- “Pressure in Head”
- Nausea or Vomiting
- Neck Pain
- Drowsiness
- Amnesia
- “Don’t feel right”
- Sadness
- Irritability
- Confusion
- Repeating the same question/comment
- Balance Problems or “dizziness”
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling foggy or groggy
- Change in sleep patterns
- Feeling sluggish or slowed down
- Fatigue or low energy
- Nervousness or anxiety
- More emotional
- Concentration or memory problems

SIGNS OBSERVED BY TEAMMATES, PARENTS AND COACHES INCLUDE:

- Appears dazed
- Confused about assignment
- Is unsure of game, score, or opponent
- Answers questions slowly
- Behavior or personality changes
- Seizures or convulsions
- Any change in typical behavior or personality
- Vacant facial expression
- Forgets plays
- Moves clumsily or displays incoordination
- Slurred speech
- Can’t recall events prior to, or after hit
- Loss of consciousness

If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport.

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "**Jake Snakenberg Youth Concussion Law**" now requires in Colorado youth sports, the consistent and uniform implementation of long and well-established return to play concussion guidelines.

You should also inform your child's coach if you think that your child may have a concussion. Remember, its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature

Adapted from the CDC and the 3rd International Conference on Concussion in Sport.

ATTACHMENT 6



AUTOMATED EXTERNAL DEFIBRILLATOR (AED) PROGRAM

Background

On February 20, 2018, the NBLL Board voted to approve the purchase of an Automated External Defibrillator (AED) for placement at the Iris Fields. By Colorado state law, the league, as an organization in possession of an AED, is required to satisfy certain requirements in conjunction with its acquisition of such device. This program has been written to ensure NBLL's satisfaction of such requirements.

Why do we need an AED?

As a community of around 400 families, NBLL represents many human connections. Number one among those are the ones we have to the players themselves. Because baseball has been identified as a high-risk area for *commotio cordis* among young athletes, the NBLL Board has determined that the incorporation of an AED and associated training is in the best interest of the league.

What is *commotio cordis*? *Commotio cordis*, or sudden cardiac arrest (SCA), is a disturbance to the normal rhythm of the heart that causes the muscle to quiver and stop from pumping oxygenated blood to the rest of the body, most importantly, to the brain. This condition is known as "ventricular fibrillation." In the words of Dr. Steven M. Yabek,

Commotio cordis typically involves young, predominantly male, athletes in whom a sudden, blunt, non-penetrating and innocuous-appearing trauma to the anterior chest results in cardiac arrest and sudden death from ventricular fibrillation. The rate of successful resuscitation remains relatively low but is improving slowly. Although commotio cordis usually involves impact from a baseball, it has also been reported during hockey, softball, lacrosse, karate, and other sports activities in which a relatively hard and compact projectile or bodily contact caused impact to the person's precordium. While only 216 instances have been reported to the US Commotio Cordis Registry (as of 2012),^{13, 41} this is probably a considerable underestimation of its true incidence since this entity still goes unrecognized in many instances and continues to be underreported.¹

Failure to act upon this condition within a very short period of time results inevitably in the death of the victim. Each minute that defibrillation is delayed decreases the victim's chances of

¹ <https://emedicine.medscape.com/article/902504-overview> (emphasis added).

survival by 10%. Because cardiopulmonary resuscitation (CPR) is key in keeping the heart pumping (manually), and an AED instrumental in reversing ventricular fibrillation, training in both is vital to the league.

NBLL AED Program

1. Zoll AED Plus

NBLL maintains the Zoll AED Plus at its primary facility -- IRIS FIELDS, 3450 16th St., Boulder. This AED has been approved by the U.S. Food & Drug Administration under current medical device law. It is outfitted with two sets of electrode pads -- Adult and Pediatric (children 8 and under/55 lbs. or less) -- and is physically maintained in the "16th St. Shed" with secured access to all NBLL Board members, team managers, and coaches. The rated operating temperature of the Zoll AED Plus is between 32°F and 122°F.

The Zoll AED Plus, as with all AEDs, is designed to deliver a shock only if a "shockable condition" is detected. A victim who has "flatlined" cannot be revived. In such instance, the AED will not deliver a shock. The device is specially designed for the lay responder and, once activated, will provide audio cues to guide the responder through the emergent situation -- indicating when CPR should be administered, providing feedback on the quality of the responder's chest compressions, and indicating when a shock is advised.

2. AED Maintenance

The NBLL Safety Officer is responsible for conducting and recording monthly maintenance checks in accordance with the manufacturer's instructions for the device during the league's regular season, *i.e.*, March-August. Electronic records are retained by the league in a separate online account. Among the required checks is a review of the device's battery status and shelf life of the (2) electrode pads (adult and pediatric). During the off-season, the Safety Officer is responsible for bringing the device indoors. The Safety Officer is also responsible for monitoring the AED through the PlusTrac Professional 1 online program (annual subscription); ensuring that all software updates are completed in conjunction with manufacturer instructions; and facilitating the transfer of any electronic data recorded by the device in conjunction with its actual deployment.

3. CPR/AED Training

All NBLL Board members, team managers, and coaches are required to complete a nationally-accredited CPR/AED program. To that end, NBLL offers certification through an online education program that includes a live skills check through local service provider. The costs associated with this training program are fully born by the league, and certification is valid for eight consecutive years of service with NBLL. Certified volunteers are expected to complete an online skills review annually prior to the start of each new season. The Safety Officer is responsible for maintaining records of individual certification in the league's online Google account.

In the event of any cardiac emergency, NBLL volunteers are trained to call 9-1-1 immediately.

Colorado Good Samaritan Law

No volunteer of NBLL is required to perform CPR or to employ an AED in the case of an emergency. This program has been instituted to empower those most likely in a position to act in a cardiac emergency situation, consistent with the intent of the Colorado state legislature, who in 1999 declared:

The general assembly hereby declares that it is the intent of the general assembly to encourage the use of automated external defibrillators for the purpose of saving the lives of people in cardiac arrest.

Colorado's Good Samaritan law protects from civil liability any bystander (NBLL volunteer, family member, untrained bystander) who makes a good faith effort to render emergency assistance through use of an AED.

Questions about NBLL's AED Program?

Contact the current Safety Officer by email at: Safety@NBLL.com

ATTACHMENT 7

**2019 Facility Survey
COMING SOON!**