

LITTLE LEAGUE

ASAP SAFTEY PLAN 2023

Ontario Eastern Little League



<u>Little League Safety Plan Requirements:</u>

1. League Safety Officer

The Name and Contact Information of the current Ontario Eastern Little League Safety Officer, as on file with Little League Headquarters, is Virginia Martinez-Nicholson.

2. Distribution of the ASAP Safety Plan

Ontario Eastern Little League will distribute a copy of the ASAP Safety Plan to all Managers, Board Members and District Administrator. A copy will be kept in the Snack Bar and Scorekeeper Room.

Emergency Contacts:

Police/ Fire/ Medical Emergency	911				
Police Non-Emergency (Ontario Police Dispatch)	909-395-2001				
Fire Non-Emergency	909-395-2002				
California Poison Control 800-222-1222					
 League President Graham Zovich 	909-202-1285				
 League Vice President Greg Del Fante 	909-228-5187				
 League Player Agent Judith Lomeli 	562-360-3944				
• League Safety Officer Virginia Martinez-Nicholso	n 714-420-6871				

Injury Procedures

- 1. Provide basic first aid as appropriate per your training.
- 2. Call '911' Emergency Medical Services (EMS) if necessary.
- 3. Contact the player's parent or guardian and advise Board Member on Duty
- 4. Contact Safety Officer Virginia Martinez-Nicholson 714-420-6871
- 5. If EMS was called, provide the player's medical release form.
- 6. Ensure responsible adult (Manager, Coach, Board Member and/or family member) remains with the player at all times if transported to the hospital.
- 7. Complete an Injury Report Form for all injuries and an Accident Claim Form for any that require professional medical treatment or possible serious injuries. (Appendix E)
- 8. Submit all forms to the Safety Officer via board member on duty, email or in person.

3. Volunteer Background Check Requirements:

Ontario Eastern LL requires all volunteers to submit a completed Little League Volunteer Application (Appendix A) along with a copy of a government-issued photo identification card. The application and Photo ID shall be kept with the League President in a confidential file for the year of service and used to screen for sex offenders through the Department of Justice nationwide sex offender registry.

4. Manager and Coach Requirements

- 1. Complete a Manager/coach volunteer application.
- 2. Meet the volunteer background check requirements.
- 3. Managers must be at least 21 years old.
- 4. Coaches must be at least 16 years old.
- 5. Attend the Manager Meeting and the Basic First Aid Class (At least one manager or coach from each team must attend the Class)
- 6. Concussion Training
- 7. All managers and coaches must be approved by the league's Board of Directors.

5. First Aid and Concussion Training

<u>First Aid Training</u>

Ontario Eastern Little League will provide First Aid training at the start of the Season. 1 Manger or 1 coach must attend this training once every Year.

Concussion Training

It is also highly recommended that all coaches/managers receive concussion training. Free concussion training is available at www.nfhslearn.com. Every manager must attend this training once every year, Certificates of completion must be submitted to the Vice President prior to start of the season. (Appendix B)

6. Field Inspection

Manager/Coaches will be required to walk /inspect the fields prior to practices and games. Umpires will also be required to walk the field for hazards before each game. See Facility and Field Inspection Checklist in Appendix C.

7. Facility Survey

Ontario Eastern Little League has completed and updated our 2023 Facility Survey online.

8. Concession Stand Safety

- Menu shall be posted & approved by the Safety Officer and the League President.
- Concession Safety Procedures will be posted in several locations in concession stand.
- Attached is a copy of The Ontario Eastern Little League Concession Stand Safety Procedures (Appendix D)

9. Equipment Safety

- The League Safety Officer will inspect all equipment in the preseason.
- Managers/Coaches will inspect equipment prior to each game
- Umpires will be required to inspect equipment prior to each game.

10. Implement Prompt Accident Reporting

Ontario Eastern will use the provided "Preliminary Accident Report" from the Ontario Eastern Little League website and will provide completed Accident forms to the following individuals (identified in Section 3 above) within 24-48 hours of the incident:

- ➤ League Safety Officer
- ➤ League President
- ➤ League Vice President
- League Player Agent
- Please see copy of Preliminary Accident Report Form in Appendix E.

11. First Aid Kits

- ➤ A Basic First Aid Kit and ice pack will be distributed to each Team Mom
- The Kit shall be brought to all practices and games.
- ➤ Team Mom is responsible for restocking Kit by contacting Virginia Martinez-Nicholson, Safety Manager
- Extra Ice Packs will be located in first aids kits in the Equipment and Scorekeeper's room.
- ➤ Larger first aid kits and CPR Masks are located in the equipment room and scorekeeper room near the entrances.
- AED (Automatic External Defibrillator) located in Scorekeeper room

12. Key Safety Rules

- ➤ Little league rule books will be distributed to Managers at the start of the season.
- Managers and coaches must enforce all rules at games and practices.
- Managers and coaches must abide by the "Code of Conduct Policy"

Ontario Eastern Little League will require All TEAMS to enforce ALL Little League Rules, including Proper Equipment for catchers.

Key safety rules include:

- a. No on-deck batters
- b. Observing bat safety (e.g., swinging only in batter's box)
- c. Batting helmets on at all times when batting
- d. Coaches will not warm up pitchers
- e. Bases will disengage on all field
- f. No horse-play

13. Qualified Safety Plan Registration Form

Ontario Eastern Little League understands that its Safety Plan Will Not be shown as received without the inclusion of this form.

14. <u>League Player Registration Data, Player Roster Date, and</u> Coach/Manager Date

League Player Registration Data or Player Roster Date and Coach/Manager Date must be submitted via the Little League Data Center at www. LittleLeague.org. This is a mandatory requirement for an approved ASAP plan.

15. Excessive Heat Precautions

Excessive Heat can be common during the season for Ontario Eastern LL. The following precautions will be taken during practices and games to protect players.

- Players will be encouraged to apply sunscreen of at least 30
 SPF to protect their skin
- Players will be encouraged to drink water every 10 to 15 minutes to stay hydrated.
- Coaches/Managers will be advised to pay close attention to player behavior to ensure that they are not getting over heated.
- It is highly advised that no practice or game shall occur while the sun is up, and the temperature is above 105 degrees.



Little League® Volunteer Application – 2022

Do not use forms from past years. Use extra paper to complete if additional space is required.

(3)

This volunteer application should only be used if a league is manually entering information into JDP or an outside background thekt provider that meets the standards of Little League Regulations 1 (c)9. THIS FORM SHOULD NOT BE COMPLETED IT LEAGUE IS UTILIZING THE JDP QUICKAPP. Visit LittleLeague.org. JocalBocheck for more information.

A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION MUST BE <u>ATTACHED</u> TO COMPLETE THIS APPLICATION.

Address City Social Security # (mandatory) Cell Phone Home Phone: Occupation Employer	Middle Name or Initial State Business Phone	Lost Zip		
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Special professional training, skills, hobbies:_				
Community affiliations (Clubs, Service Organizations, etc.):	s, esc.):			
Previous volunteer experience (including baseball/soffball and year):	ofiball and year):			
Do you have children in the program? If yes, list full name and what level?			.es	å □
2. Special Certification (CPR, Medical, etc.)? If yes, list:	If yes, list:		□ Yes	°N □
3. Do you have a valid driver's license? Driver's License#:		State	□ Yes	° □
4. Have you ever been charged with, convicted of, plead no contest, or guilty to any crime(s) involving or against a minar, or of a sexual nature?	ed of, plead no contest, or guilt	y to any crime(s) in	volving	or again
If yes, describe each in full:			Yes	□ Yes □ No
(If volunteer answered yes to Question 4, the local league must contact the Little League Security Manager.)	4, the local league must contact	the Little League Se	ourity N	fanager.)
5. Have you ever been convicted of or plead no contest or guilty to any crime(s)? If ves, describe each in full:	no contest or guilty to any crime		□ Yes	2
(Answering yes to Question 5, does not automatically disqualify you as a volunteer.)	automatically disqualify you as	a volunteer.)		
6. Do you have any criminal charges pending against you regarding any crime(s)8	gainst you regarding any crime(_ Yes	☐ Yes ☐ No

FYOULIVEIN A STATE THAT REQUIRES A SEPARATE BACKGROUND CHECK BY LAW, PLEASE ATTACH A COPY OF THAT STATE'S AATE'S BACKGROUND CHECK FOR MORE INFORMATION ON STATE LAWS, VISIT OUR WEBSTE: <u>Little Leadus on Padsinel 1995</u> AS A CONDITION OF VOLUNTEERING, I give permission for the Little League organization to conduct background check(s) on history records, Lunderstand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I thereby release and agree to hold formites from leading the local further league, Little League Backebull, incorporated, the ordinary confirmation is and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appoinments, Little leagues is not adolganed to appoint men to avolution for the independent and that, regardless of previous appoinments, Little leagues is not adolganed to appoint men to avolution of my term. I am subject to suspension by the President and removal by the Board of Directors for violation VOTE. The local Little League and Little League Baseball, Accorporated will not discriminate against any person on the basis of race, reed, color, national origin, markal status, gender, sexual arientation or disability. □ Yes □ No to me now and as long as I continue to be active with the organization, which may include a review of sax offender registries (some which contain name only searches which may result in a report being generated that may or may not be me), child abuse and crimit U.S. Center of SafeSport's Centralized Discplinary
 Database and Little League International Ineligible List (If volunteer answered yes to Question 7, the local league must contact the Little League Security Manager ☐ JDP (Includes review of the US. Center of SafeSport's Centralized Disciplinary Database and Little Concession Sland Only attach to this application copies of background check reparts that reveal convictions of this applied Hease list three references, at least one of which has knowledge of your participation as a volunteer in a Have you ever been refused participation in any other youth programs and/or listed on any youth organi ineligible list? Date Other Review the Little League Regulation 1(c)(9) for all background check requirements LOCAL LEAGUE USE ONLY: of one must be checked]: Scorekeeper In which of the following would you like to participate? (Check one or more.) ☐ Manager OR Field Maintenance Background check completed by league officer League International Ineligible List)* System(s) used for background check (mir ☐ National Criminal Database check Reces he advised that if you use JDP and there ou should notify valuations that they will receive ☐ National Sex Offender Registry □ Umpire Applicant Name (please print or type) of Little League policies or principles. ☐ League Official Minor/Parent Signature If yes, explain: Applicant Signature Coach Name/Phone youth program:

(Answering yes to Question 6, does not automatically disqualify you as a volunteer.)





SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

> SIGNS OBSERVED BY COACHING STAFF

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

> SYMPTOMS REPORTED BY ATHLETE

- · Headache or "pressure" in head
- Nausea or vomiting
- · Balance problems or dizziness
- · Double or blurry vision
- · Sensitivity to light
- Sensitivity to noise
- · Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

- 1. Remove the athlete from play.
- Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider. Do not try to judge the severity of the injury yourself.
 Only a health care provider should assess an athlete for a possible concussion.
- Record and share information about the injury, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
- Inform the athlete's parent(s) or guardian(s) about the possible concussion and refer them to CDC's website for concussion information.
- 5. Ask for written instructions from the athlete's health care provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - > Be back to doing their regular school activities.
 - Not have any symptoms from the injury when doing normal activities.
 - Have the green-light from their health care provider to begin the return to play process.

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



For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/HEADSUP.

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provide



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

Dec. 2015

Facility and Field Inspection Checklist

wame	<u> </u>						
Inspe	ctor:						
Date:	Time:						
0	Holes, damage, rough or uneven spots						
0	Slippery Areas, long Grass						
0	Glass, rocks, and other debris & Foreign objects						
0	Damage to screens, fences edges or sharp fencing						
0	Unsafe conditions around backstop, pitcher's mound						
0	Warning Track condition						
0	Dugout(s) condition before and after games						
0	Make sure telephones are available						
0	Areas around Bleachers are free of debris						
0	General garbage clean-up						
0	Who's in charge of emptying garbage cans Conditions of restrooms and restroom supplies Concession stand inspection						
0							
0							
	Notes/Hazards:						
Signa	ture:						

Concession Stand Tips SAFETY FIRST

Requirement 9

12 Steps to Safe and Sanitary
Food Service Events: The
following information is
intended to help you run a
healthful concession stand.
Following these simple
guidelines will help minimize
the risk of foodborne illness.
This information was provided
by District Administrator
George Glick, and is excerpted
from "Food Safety Hints" by
the Fort Wayne-Allen County,
Ind., Department of Health.

Menu.

Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. Complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Cooking.

Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F. Most foodborne illnesses from temporary events can be traced back to lapses in temperature control.

3. Reheating.

Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices.

Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

4. Cooling and Cold Storage.

Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

5. Hand Washing.

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for hand washing!

6. Health and Hygiene.

Only healthy workers should prepare and serve food. Anyone who shows symptoms of disease (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

Food Handling.

Avoid hand contact with raw, readyto-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can transfer germs to food.

8. Dishwashing.

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

- 1. Washing in hot soapy water;
- 2. Rinsing in clean water;
- 3. Chemical or heat sanitizing; and
- 4. Air drying.

9. Ice.

Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause foodborne illness.

10. Wiping Cloths.

Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

11. Insect Control and Waste.

Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

12. Food Storage and Cleanliness.

Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food.

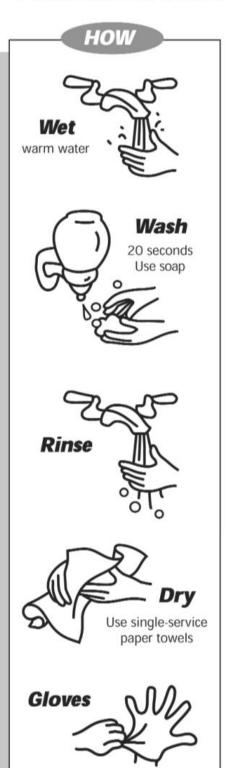
13. Set a Minimum Worker Age.

Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

Safety plans must be postmarked no later than May 1st.

4 January-February 2004

Volunteers Must Wash Hands



WHEN

Wash your hands before you prepare food or as often as needed.

Wash after you:

- use the toilet
- touch uncooked meat, poultry, fish or eggs or other potentially hazardous foods
- interrupt working with food (such as answering the phone, opening a door or drawer)
- eat, smoke or chew gum
- ▶ touch soiled plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- sneeze or cough

Do not touch ready-to-eat foods with your bare hands.

Use gloves, tongs, deli tissue or other serving utensils. Remove all jewelry, nail polish or false nails unless you wear gloves.

Wear gloves.

when you have a cut or sore on your hand when you can't remove your jewelry

If you wear gloves:

wash your hands before you put on new gloves

Change them:

- as often as you wash your hands
- when they are torn or soiled

Developed by UMass Extension Nutrition Education Program with support from U.S. Food & Drug Administration in cooperation with the MA Partnership for Food Safety Education. United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment.



Appendix E- Preliminary Accident Report Form

AIG

ACCIDENT NOTIFICATION FORM INSTRUCTIONS

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

Accident & Health (U.S.)

- This form must be completed by parents (if claimant is under 19 years of age) and a league official and forwarded to Little League
 Headquarters within 20 days after the accident. A photocopy of this form should be made and kept by the claimant/parent. Initial medical/
 dental treatment must be rendered within 30 days of the Little League accident.
- Itemized bills including description of service, date of service, procedure and diagnosis codes for medical services/supplies and/or other documentation related to claim for benefits are to be provided within 90 days after the accident date. In no event shall such proof be furnished later than 12 months from the date the medical expense was incurred.
- When other insurance is present, parents or claimant must forward copies of the Explanation of Benefits or Notice/Letter of Denial for each charge directly to Little League Headquarters, even if the charges do not exceed the deductible of the primary insurance program.
- Policy provides benefits for eligible medical expenses incurred within 52 weeks of the accident, subject to Excess Coverage and Exclusion provisions of the plan.
- Limited deferred medical/dental benefits may be available for necessary treatment incurred after 52 weeks. Refer to insurance brochure provided to the league president, or contact Little League Headquarters within the year of injury.
- 6. Accident Claim Form must be fully completed including Social Security Number (SSN) for processing.

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Le	eague Name						League I.D).	
10000				PART 1			<u> </u>		
Na	ame of Injured Person/Cl	laimant	SS	SN .	Date of Birth	h (MM/DD/YY)	Age :	Sex	
- NI	of DosentiO	if Oleimont in a Mi			ll Di	- (1 4 0-1-)	D D	□ Female	□ Male
N	ame of Parent/Guardian,	, if Claimant is a iviii	nor		Home Phon	e (Inc. Area Code)	I ()	e (Inc. Area C	code)
Λ.	ddress of Claimant			Λ.d.	dropp of Poront	/Guardian, if differe			
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Th	ne Little League Master A	Accident Policy prov	ides benefit	s in excess of l	penefits from oth	ner insurance progr	ams subjec	t to a \$50 de	ductible
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92		1							W. C.

For Residents of California:

Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

For Residents of New York:

For Residents of New York:

Any person who knowingly and with the intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

For Residents of Pennsylvania:

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent insurance act, which is a crime and subjects such person to criminal and civil penalties.

For Residents of All Other States:

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

	PART 2 - LEAGUE S	STATEMENT (Other th	an Parent or Cl	aimant)	
Name of League	e of Injured Person/Cla		League I.D. Number		
Name of League Official			Position in League		
Address of League Official				Telephone N Residence: Business: Fax:	lumbers (Inc. Area Codes) () () ()
Were you a witness to the accide Provide names and addresses of		INo to the reported accider	nt.		
Check the boxes for all appropri	ate items below. At least	t one item in each colu	mn must be sele	cted.	
POSITION WHEN INJURED 01 1ST 02 2ND 03 3RD 04 BATTER 05 BENCH 06 BULLPEN 07 CATCHER 08 COACH 09 COACHING BOX 10 DUGOUT 11 MANAGER 12 ON DECK 13 OUTFIELD 14 PITCHER 15 RUNNER 16 SCOREKEEPER 17 SHORTSTOP 18 TO/FROM GAME 19 UMPIRE 20 OTHER 21 UNKNOWN 22 WARMING UP	INJURY	N	OF BODY ABDOMEN ANKLE AN	01 02 03 03 05 06 06 07 06 06 07 07 08 08 09 09 09 01 01 01 01 01 01 01 01 01 01 01 01 01	E OF INJURY BATTED BALL BATTING CATCHING COLLIDING WITH FENCE FALLING HIT BY BAT HORSEPLAY PITCHED BALL RUNNING SHARP OBJECT SLIDING TAGGING THROWING THROWING THROWN OTHER UNKNOWN
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