

PAR TROY WEST LITTLE LEAGUE

SAFETY MANUAL

2009

League ID # 230-01-15



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Please note a copy of this safety plan is on our Website at www.partroywestbaseball.org

Safety Awareness Program

Surface inspection. Check the playing area for debris, holes, damage, or anything that could harm a child.

Adequate supervision and proper fitting equipment

First Aid Kit should always be carried to practice and games

Emergency plan. All coaches must know the emergency phone numbers.

Teach players proper skill techniques.

You the manager and coach are responsible for the safety and well being of your players.

EMERGENCY PHONE NUMBERS

Police Department (Emergency)	911
Police Department	263-4300
Ambulance	911
NJ Poison Hotline	1-800-962-1253
Mayor's Office	263-4297

Par Troy West Complex 884-1404

2009 Board of Directors



Executive Board		
Name	Official Title	E-mail
Frank Neglia	President Corporate Sponsors/League Operations/Chair Clinician	fneglia@cse.edu
John Simms	VP Administration Player Development and Clinician/League Certifications	taborites6@yahoo.com
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Tom Cook	League Treasurer All tax and IRS reporting/Monthly BOD reports/Oversee PTW Finances and budgets	tcook99@aol.com
Sandra Neglia	Player Agent Chairperson of Elections/Candy Sale Fund Drive/Sponsors/Sign Promotion/Trophies	sandra4a@aol.com
Dawn Taylor	Secretary Information Officer	dawn.taylor@prudential.com
Rhys Taylor	Safety Officer Umpire Scheduler for Baseball/Clinician/Chief Umpire/Fall League Director/Insurance	txdrmy1@aol.com
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TBA	Field Maintenance Assistant	TBA	
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Kim Verducci	Volunteer Coordinator/Pictures & Fund Drive Schedule/Board Member Scheduling for Complex	ckverducci@yahoo.com	
Amanda Jusino	League Administrative Assistant	TheJusinos@optonline.net	
Joanie McGinley	Picnic Coordinator / Special Events/Refreshment Stand Assistant	joaniemcginley@hotmail.com	

Date	Day	Special Event/Activity	Time	Location	Comments
SEPTEMBER 2008					
9/03/08	Wednesday	Annual Meeting	7:00pm	PHHS D-36	
OCTOBER 2008					
10/22/08	Wednesday	Registration	6:30-8:00pm	PHHS D-36	
10/22/08	Wednesday	Gen Membership Meeting	8:00 pm	PHHS D-36	
10/26/08	Sunday	Awards Banquet	5:00	Zeris Inn	
NOVEMBER 2008					
11/18/08	Tuesday	Registration	6:30-8:00pm	PHHS D-36	
11/18/08	Tuesday	Gen Membership Meeting	8:00pm	PHHS D-36	
DECEMBER 2008					
12/10/08	Wednesday	Registration	6:30-8:00 pm	PHHS D-36	
12/10/08	Wednesday	Gen Membership Meeting	8:00 pm	PHHS D-36	
JANUARY 2009					
1/07/09	Wednesday	Gen Membership Meeting	7:00pm	PHHS D-36	
1/15/09	Thursday	NYSCA Training	7:00pm	PHHS D-36	

Date	Day	Special Event/Activity	Time	Location	Comments
On-Going		Become a PTWLL Team and/or Corporate Sponsor			10% Disc. if Sponsor Form is received by January 15, 2009. Click HERE to access forms or HERE if you would like more information.
On-Going		Mail-In Registration for 2009			Registration Form must be received by January 15, 2009 (\$15 late fee thereafter). Click HERE to access form.
FEBRUARY 2009					
2/04/09	Wednesday	Gen Membership Meeting	7:00 PM	PHHS D-36	
FEBRUARY / MARCH	Saturday	Manager and Coaches clinic	9:00AM - 1:00PM	TBA	
2/26/09	Thursday	Pre-Draft Meeting	7:00PM	PHHS D-36	
2/28/09	Saturday	Draft	8:30AM - 2:30PM	PHHS D-36	
MARCH 2009					
3/02/09	Monday	Umpire Training Meeting	7:00PM	PHHS D-36	
3/03/09	Tuesday	Gen Membership Meeting	7:00PM	PHHS D-36	
3/09/09	Monday	Managers Meeting	7:00PM	Cafeteria	
3/10/09	Tuesday	Snow date for Managers meeting	7:00PM	Cafeteria	
3/11/09	Wednesday	NYSCA Training	7:00PM	Library	

3/17/09	Tuesday	Parent Orientation	7:00PM	PHHS D-36	
3/18/09	Wednesday	1st Aid Training	7:00PM	Cafeteria	
3/25/09	Wednesday	PAYS Class	7:00PM	Cafeteria	
3/27/09	Friday	Umpire Training	7:00PM	PHHS D-36	
3/28/09	Saturday	Field Clean-up Day	8:30AM	Baseball Complex Elmwood Road off of Halsey Road	
3/28/09	Saturday	Field Clean-up Day	1:00PM	Softball Complex Arlington Rd off of Park Road	
3/30/09	Monday	T-Ball/Farm League Managers & Coaches Clinic Fundamental Training Class	7:00PM	PHHS D-36	
APRIL 2009					
4/02/09	Thursday	NYSCA Training	7:00PM	Cafeteria	
4/11/09	Saturday	Easter Egg Hunt- Girls and Boys in the T-Ball division.	11:00AM	Baseball Complex Elmwood Road off of Halsey Road-See Flyer	Click HERE to access flyer.
4/13/09	Monday	Gen Membership Meeting	7:00PM	PHHS D-36	
4/14/09	Tuesday	Umpire Training	7:00PM	PHHS D-36	
4/16/09	Thursday	Opening Ceremonies Night	6:45PM	PTWLL Complex	
4/18/09	Saturday	Picture Day	7:30AM - 5:00PM	PTWLL Complex or PHHS Cafeteria if raining	
4/26/09	Sunday	Challenger Games	4:00PM - 6:00PM	PTWLL Complex	
MAY 2009					
5/06/09	Wednesday	Gen Membership Meeting	7:00PM	PHHS D-36	
5/08/09	Friday	Mothers Day Comedy night	8:00PM	PAL Building	Click HERE to access flyer.
JUNE 2009					
TBA	TBA	Minor League Game	TBA	Tailgate at the Complex and then off to the game	
TBA	TBA	Father's Day Yankee Game	TBA	Yankee Stadium	
6/03/09	Wednesday	Gen Membership Meeting	7:00PM	PHHS D-36	
6/07/09	Sunday	PTWLL Picnic	12:00PM - 4:00PM	PTWLL Complex	
6/08/09	Monday	All-Star Mtg	7:00PM	TBA	
NOTES					
<ul style="list-style-type: none"> • *All meetings scheduled at PHHS are in Classroom D-36 and are subject change. All meetingS at Brooklawn Middle School are in the Cafeteria. • Please call 973-326-1694 two days prior to the meeting to verify location. Some of the meetings may be switched to the Parsippany Library and other locations. 					

PTWLL SAFETY MISSION STATEMENT

It is the intent of the Board of Directors for PTWLL to implement a safety awareness program that will teach the children, managers, coaches, umpires, and volunteers the rules of safety. We will monitor our safety standards and report and correct any issues that we find to be unsafe. The league will track our safety program throughout our league's activities, inspect our equipment throughout the season that we use during our practices and games, and make sure that all our league playing facilities are safe.

BOARD OF DIRECTOR'S ASAP RESPONSIBILITIES

1. Division Directors

- 1. Educate managers and coaches about ASAP**
 - Rules of the game
 - Proper warm up and practice drills
 - Cleanliness of dugouts and fields
 - Emergency phone numbers
 - Directions to fields and permissible parking areas
- 2. Certification & First Aid program**
- 3. Procedure to file accident report**

2. Umpire Chief

- 1. Educate on rules of the game**
- 2. Educate safety awareness**
 - Field safety
 - Player equipment

3. Field Maintenance

- 1. Field Signage**
- 2. Inspection and maintenance of playing fields**
- 3. Posting of instructions for equipment and appliances used in the refreshment stand and shed**

4. Equipment

- 1. All equipment must be inspected before given to managers**
- 2. New equipment purchases must have safety in mind**
- 3. First aid kits**

5. Refreshment Stand

- 1. Emergency phone numbers posted**
- 2. Instructions on how to operate appliances and prepare food**
- 3. First aid kept in stand**
- 4. Ice available for any injury**
- 5. Clinics**
- 6. Instruct proper warm up exercises**
- 7. Teach fundamentals of the game**
- 8. Safety awareness for proper technique**

7. Outside Resources

- 1. Police Department**
 - Bicycle safety program
 - Drug awareness
 - Volunteer background check
- 2. Certification**
- 3. First Aid & CPR courses**

All of our safety plans cannot be implemented immediately, but as we plan and budget for the future we will think safety first.

PTWLL SAFETY CODE

- Managers and coaches should have safety rules and procedures in possession at all times.
- Managers and coaches must be certified and should have training in first aid. First aid kits must be available at every practice and game. Only certified coaches and managers, umpires, and players are permitted on the practice field or in the dugout during games.
- Practices and games will not be played when weather presents dangerous conditions to the players' safety. Playing should be halted when rain, thunder, or lightning exists.
- Umpires, managers, and coaches before each game should check Field conditions. If any unsafe condition exists at any league field then the game will be postponed until unsafe condition is repaired.
- Managers are responsible to make sure that the dugouts are kept clean and all equipment is put safely away in the dugout. It is also the manager's responsibility to assign a player to make sure that all bats and loose equipment are not on the playing field interfering with play.
- Players must wear official Little League uniform for all games.
- Players wearing eyeglasses should be advised to wear "protective eye covering".
- Catchers must wear mask, throat protector, long chest protector, shin guards, protective cup with athletic supporter (male), or pelvic supporter (female).
- Only players wearing catcher's equipment may warm up or catch a pitcher during practices and games. Managers and coaches cannot warm up pitcher.
- Manager should inspect equipment weekly to check for any need for repair or proper fit.
- Players may not wear watches, jewelry, metallic items, etc. during practices and games.
- Players should not wear shorts during practices or games.
- Players should have chin straps on all their helmets
- Player base coaches will be required to wear helmets with face guard
- In major and minor league; head first sliding is not permitted; except when returning to a base.
- On deck hitting is not permitted at any field. NO EXCEPTIONS!!!!
- No ball playing is permitted at the PTWLL Complex except on the playing field and batting cage area.
- Smoking is not permitted at the PTWLL complex.
- Profanity will not be tolerated.
- Bike riding and roller blading is not permitted at the PTWLL complex. Please leave all bikes in the bike rack at the entrance to the fields. Helmets must be worn when riding a **bike**.
- Dogs are not permitted at the PTWLL complex. Any dog at a town field should be on a leash.
- Horseplay is not permitted at any field!!!!!!!!!!!!
- Alcohol is not permitted at any Little League practice or game.

SAFETY COMMITTEE CHECKLIST

Team name _____ Division _____

Manager/coach _____ Date _____

Team Safety:	Yes	No	Players Equipment:	Yes	No
First Aid kit	___	___	Batting Helmets OK	___	___
Medical release forms	___	___	Jewelry removed	___	___
Ice or ice packs	___	___	Bats inspected	___	___
PTWLL Safety Manual	___	___	Shoes checked	___	___
Injury report forms	___	___	Uniform checked	___	___
Access to phone	___	___			
			Catchers Equipment:		
Fields Conditions			Shin guards OK	___	___
Backstop repair	___	___	Helmet OK	___	___
Home plate repair	___	___	Face mask OK	___	___
Bases (secure)	___	___	Throat protector OK	___	___
Bases repair	___	___	Chest protector OK	___	___
Pitchers mound	___	___	Catchers mitt	___	___
Batters box level	___	___	Catchers cup	___	___
Batter box marked	___	___			
Grass cut	___	___			
Gopher holes	___	___			
Infield fence repair	___	___			
Outfield fence repair	___	___			
Foul lines marked	___	___			
Warning track	___	___			
Coaches box marked	___	___			
Dirt needed	___	___			
Dugout area:					
Fencing needs repair	___	___			
Bench needs repair	___	___			
Roof needs repair	___	___			
Bat racks	___	___			
Helmet racks	___	___			
Trash cans	___	___			
Clean up needed	___	___			
Spectator area:					
Bleaches need repair	___	___			
Bicycle racks OK	___	___			
Parking area safe	___	___			
Parking area clean	___	___			
Protective fencing OK	___	___			
Grounds clean	___	___			

Comments: _____

Safety Committee member _____

PTWLL SAFETY NET

1. Activities

A. Education

1. Board of Directors discusses and votes on manager/coaches.
2. Certification course required for all managers/coaches.
3. First Aid course required for all teams.
4. Coaches clinics to teach proper technique and warm up exercises.
5. Umpire clinic to instruct rules of the game and safety code.
6. At the annual coaches meeting we had a lengthy discussion about our safety program and policies.
7. Parents will be given information about our program and what we expect from the parents of our player.
8. Local law enforcement will give our players materials on bicycle safety and drug awareness.
9. Safety Sam (league mascot) will be attending games throughout the season to properly instruct teams about safety.
10. Safety Sam Safety Club, "Don't Monkey Around, Play it Safe."

B. Compliance

11. Safety Committee will be checking each team to assure safety code is being followed.
12. Safety manual will be distributed to every team.
13. Safety manual will be distributed to umpires.
14. Parents will be given a handbook about our league's policies.
15. A team safety parent should be appointed for each team.

C. Reporting

1. Copies of our accident/injury report form is given and explained to manager/ coach.
2. Managers must report any accident/injury to Safety Officer or Vice President.
3. Safety Committee will inspect fields and teams.
4. Umpires will report any unsafe field conditions.

2. Equipment

A. Education

1. Equipment committee inspects equipment and discards unsafe equipment and torn uniforms.
2. Managers and coaches inspect equipment at distribution.
3. First Aid kits are restocked and emergency phone numbers are in each kit.
4. Safety balls are now given to Farm League for when the players pitch.
5. Teams are instructed that only catchers in full gear may warm up pitchers.

B. Compliance

1. New uniforms are bought to replace torn uniforms.
2. Old, unsafe equipment is discarded and new equipment is bought
3. Helmets that are bought will now have chinstraps.
4. Pelvic supporters are given to softball catchers.
5. Storage box will be kept at PTWLL Complex to be stocked with extra catcher gear for warming up pitchers, extra throat protectors, and batting helmets with face guards.

C. Reporting

1. Any unsafe equipment will be reported to the Equipment Director or Safety Officer.
2. Safety Committee will report any equipment problems to Safety Officer during their weekly inspections.

3. Facilities

A. Education

1. Safety Officer, Director of Fields, and Director of Batting Cages discuss changes and signage for 2005.
2. Discussion of equipment changes for the concession stand.
3. Spoke with fire inspector on how to create a safer environment.
4. Check fire extinguisher.
5. All Board of Directors must sign up to be a concession stand supervisor during the season.
6. Short and long term goals established
7. Bulletin board at PTWLL Complex will have safety notices posted weekly.

B. Compliance

1. Complete facility survey
2. Safety Committee on a routine basis will check all fields and concession stand.
3. Board of Directors will have pre season cleanup of PTWLL Complex.
4. The Parks and Recreation Dept. will clean up town fields and ready them for the Season.
5. Protective covering will be put on the fences at Carroll Field, Directors Field, and Park Road Field.
6. Breakaway bases have been purchased and will be installed for the 2000 season when fields are resurfaced.

C. Reporting

1. Safety committee will meet monthly to discuss how to improve and upgrade facilities.
2. Any facility problem will be discussed with Safety Officer and Director of Fields.

What is ASAP?

ASAP is a safety awareness program developed by Little League baseball in 1995 to Promote and educate safety throughout the Little League program. ASAP will promote a safer environment for our league programs.

Is Par Troy West Little League involved in the ASAP program?

Yes, 1999 was the first year that PTWLL develops a safety awareness program. A Safety Officer and safety committee will be responsible to educate, promote, and regulate the league's safety program. We will also receive a discount on our Little League Insurance when we adopt a Safety Awareness Program.

Will everyone in the league be responsible to participate?

Yes, each year PTWLL will have safety goals and we will train and educate all of our players, managers, coaches, umpires, and volunteers to implement safety awareness.

Will there be any rule or equipment changes?

We will adjust our rules if they are not complying with the safety program the safety committee has adopted. Each year we will upgrade our equipment and baseball facilities to Assure the best safety conditions for PTWLL.

Does PTWLL have a mascot to help us promote safety?

Safety Sam, the safety gorilla is our mascot and he will be promoting safety to all our leagues.

“Don’t monkey around, play it safe!”

Refreshment Stand Safety

The PTWLL is dependent upon the volunteers of our league to operate our refreshment stand. All members of the PTWLL Board of Directors will be responsible to be a “refreshment stand captain: There must be a refreshment stand captain on duty at all times to supervise the volunteers working in the refreshment stand.

Pre Season:

1. Schedule clean up session with All Board of Directors cleaning the refreshment stand, bathrooms and grounds.
2. Repair any broken or unsafe equipment.
3. Have the fire extinguisher inspected yearly.
4. Schedule inspection with the Board of Health.
5. Schedule inspection with eh fire inspector.
6. Meet with suppliers to secure best pricing for current season.
7. Restock all cleaning supplies and bathroom inventory.

Refreshment Stand Captain:

1. Open refreshment stand, batting cages, fields, and bathrooms 30 minutes before first game.
2. Start Preparing food; hotdogs, pizza, and COFFEE.
3. Make sure all inventory has ample supply.
4. Make sure there is enough cash and change in the moneybox.
5. Make sure there is enough milk for the coffee.
6. Be prepared to have ice available in the freezer for any injuries that may occur.
7. Give instructions to the volunteers on operating the equipment, prices, wearing gloves when handling food, and locating the food se sell.
8. When the last game is over make sure the bathrooms are cleaned and restocked with papers towels and toilet paper. Clean the refreshment stand, throw away the garbage, and restock the inventory for the next game. Contact refreshment stand coordinator if more inventory needs to be purchased.
9. Turn all lights off in the stand and on the field.
10. Unplug all appliances.
11. Leave \$50.00 in cash box and take remaining monies and give to Refreshment Stand Coordinator
12. Lock fields and refreshment stand.

Refreshment Stand Volunteers

1. Check in with Refreshment Stand Captain for instructions.
2. Locate fire extinguisher, telephone, and first aid kit.
3. When handling any food; disposable plastic gloves must be worn. Do not wear gloves when handling money.
4. Wash hands before handling food and putting on disposable gloves.
5. Report any unsafe incidents that occur to the Refreshment Stand Captain.

Procedures:

Pizza Ovens

1. Place pizza or pretzel on tray
2. Turn timer on for 5 minutes
3. When food is cooked place on paper plate.
4. Use sanitary gloves when handling food

Coffee Machine

1. Put water in machine
2. Place coffee and filter in plastic tray
3. Place coffee pot under spout
4. Turn on machine.

There is a phone and an AED device in the refreshment stand for emergencies.

AGE GROUP CHARACTERISTICS OF LITTLE LEAGUE PLAYERS

- A. 6 – 8 Years
 - 1. Self Centered
 - 2. Curious
 - 3. Fun Seeking
 - 4. Physically able to practice 40 – 60 Minutes
 - 5. Extremely self conscious
 - 6. Limited attention span
 - 7. Need constant movement and involvement

- B. 9 – 10 Years
 - 1. Great eagerness to learn
 - 2. Strong sense of affiliation
 - 3. Increased attention span
 - 4. More competitive
 - 5. Desire to Copy
 - 6. Need for greater discipline

- C. 11 – 12 Years
 - 1. Develop a self critical type attitude
 - 2. Pride, team spirit, loyalty very intense
 - 3. Strong identity with the group or team
 - 4. Strong sense of competition
 - 5. At times, critical of each other
 - 6. Winning becomes important.

- D. 13 – 14 Years
 - 1. Sometimes easily bored
 - 2. Puberty and all its physical and mental changes
 - 3. Sometimes moody
 - 4. AT time rebellious in nature
 - 5. Form small groups within team

- E. 15 – 16 Years
 - 1. Need for common goals
 - 2. Still physically bored as they may still be going through puberty
 - 3. Need increase in physical and mental demands
 - 4. Strong commitment to the team
 - 5. Need to feel sense of achievement

VOLUNTEER CERTIFICATION

During the 1980's state legislature throughout the United States responded to the legal liability crisis and soaring insurance costs by enacting civil immunity laws – laws that protect individuals and the agencies, which employ them.

On May 12, 1986, New Jersey became the first state in the nation to pass a civil immunity law for volunteer athletic coaches, managers, and officials. Commonly referred to as the “Little League Law” (2A:62A-6), this legislation extends partial civil immunity to volunteer coaches who have attended a “safety orientation and training skills program.”

Safety certification clinics must cover the following topics:

1. Help coaches minimize the risk of injury to young athletes.
- 2 Provide information about fundamental coaching concepts, which enhances volunteer coaches' effectiveness.
3. PROTECTS VOLUNTEER COACHES FROM CIVIL LAWSUITS.

PAR-TROY WEST LITTLE LEAGUE REQUIRES ALL VOLUNTEER MANAGERS AND COACHES TO BE CERTIFIED AND HAVE TRAINING IN FIRST AID.

Frequently asked questions about volunteer certification

1. “I’ve been coaching for years. Why do I have to attend a safety clinic now?”

One of the common myths about volunteer coaching is that it requires no training to be effective. Regardless of your experience level or years of service, there are 2 reasons for attending a certification course:

A. To increase your effectiveness as a volunteer youth sports coach by enhancing your knowledge of fundamental coaching concepts such as: training and conditioning, prevention of injuries, communication, philosophy, legal liability, etc.

B. To protect you from civil lawsuits, “for injuries to a player or participant” as stipulated in the “Little League law” (2A:62A-6).

2. “Do I have to attend a course in order to coach?”

Technically, no. By law you are not required to attend a coaching course in order to coach in New Jersey. But Par Troy West Little League has adopted a requirement for a volunteer to be on the field with the players he/she must be certified. If you are ever sued you are in a much better legal position to defend yourself as a result of attending a certification course. In New Jersey, there is clear legal precedent for statutory immunity to apply to those individuals who have been safety trained. Under the legal concept of vicarious liability Par Troy West Little League is legally responsible for a volunteer's actions as a coach and manager and we require certification.

3. “Do I become ‘certified’?”

Not really. “Certification” is a term reserved for individuals who have met some recognized standard of training offered by a professional organization. With respect to volunteer coaches, your attendance at a certified safety course is what is being certified. Moreover, since the law only requires attendance at an orientation program versus one which is competency based (I.e., where you are asked to demonstrate some level of proficiency or knowledge), you are not “certified” in a true sense of the word.

4. “How often do I have to attend?”

Many volunteer coaches and youth sports administrators have struggled with this issue for quite some time. The “Little League Law” does not require volunteer coaches to be “recertified”. It is strongly recommended that organizations develop

a formal policy which requires continuous education within a certain time period while a coach is still coaching. Par Troy West Little League requires a refresher course every 2-3 years.

5. “Are volunteer coaches actually sued?”

Unfortunately, yes. The incidence however is rare, despite what the newspapers may claim. In fact, the impact of the “Little League Law” has been to motivate many individuals, who otherwise would not, to be safety trained, thereby, decreasing the already small number of lawsuits against volunteer youth sports coaches.

6. “How should a coach handle parents who occasionally offer to assist with coaching?”

*Remember that the state law protects only those volunteers who have attended a certification course. Par Troy West Little League requires all managers and coaches to be certified. Should a player become seriously injured, the first question asked will be, “Were the coaches safety trained?” The parent who has not received proper training has greater liability than a certified coach. Having attended a certification course a certified coach was informed of the requirements for civil immunity under the state law. Knowing that the standard of care was such, the question might become, “Why did you allow an inexperienced, unqualified parent to supervise an activity which could lead to such tragic consequences.” No doubt, a competent plaintiff’s attorney would argue that you are equally liable, notwithstanding your partial immunity, for the injuries sustained by his/her client. The bottom line, for your protection and the safety of the young athletes – **DO NOT ALLOW UNTRAINED PARENTS TO COACH.***

BEING A LITTLE LEAGUE VOLUNTEER

Little League Baseball and Softball is an organization designed to build good citizens. It is a program of leadership, preparing today's youth to be tomorrow's leaders. AT the local level, Little League relies on a devoted legion of adult volunteers to help ensure that the organization remains structured and runs smoothly. Your local Little League program is always looking for responsible and enthusiastic individuals to support and coordinate Little League events and activities. As a volunteer, you should have a keen interest in the safety, well-being, and overall development of children. By reading further, you will discover that the benefits of volunteering are endless. You will also gain a better understanding of why you should become involved, who volunteers are, what you can do, and how you can sign up.

Why should I become a volunteer?

When you volunteer, you become an important part of Little League. Without you, the organization could not provide America's youth with the quality form of recreation that has come to be the reputation of Little League Baseball. Knowing that your service is giving back to the community as you show support of the children in your area will reward you. It will also allow you to meet and form friendships with other members of the community, while instilling loyalty, character, and courage, the values of Little League, into your children.

Who can volunteer?

Anyone can apply to become a volunteer. Whatever talents or skills you have, we can use them! Across the country, volunteers are grandparents, siblings, aunts and uncles, retirees, community leaders, former Little Leaguers, friends, neighbors, and more. Any community member who wishes to become a volunteer may apply.

All parents of children involved in Little League are strongly encouraged to volunteer. As a parent volunteer, you have the opportunity to spend quality time with your child in a safe, fun-filled environment. Oftentimes parent and child social lives parallel each other. Volunteering allows your life and your child's life to intersect on common ground with shared interests and goals.

On rare occasions, Little League, through District Administrators and your local Board of Directors, may deny individuals the privilege of volunteering for reasons, past or present, that may be detrimental to the positive development of young people, other volunteers, and/or Little League organization the right to conduct necessary background checks.

What can I volunteer to do?

No experience is required to become a volunteer. Most of the volunteer opportunities require little or no training. Your local league will provide you with any necessary training (as well as support and encouragement), as they deem necessary. The best volunteers are those who are able to bring added enjoyment to the game simply by being themselves. What you see during Little League games is a mere fraction of what you do as a volunteer. You can volunteer to help in virtually any aspect of Little League Baseball, including:

Being a team manager or coach

Being a manager or coach requires time, patience, and basic knowledge of the game of baseball. You may be required to attend meetings, instructional sessions or seminars. You will communicate with the parent/guardians of your players to inform them of any schedule changes, rainouts, and Little League events and activities.

As a manager or coach, you have more interaction with young people than anyone else in Little League. Therefore, it is important that you understand the goals and virtues of the Little League program in order to effectively communicate them to your players. To gain a better understanding of what those goals and virtues are, visit Little Leagues homepage at www.littleleague.org, or speak with your league's president.

Being an umpire

Aside from calling ball or strike or out, umpires are responsible for teaching layers good sportsmanship and the rules of the game. Umpires are also called upon to interpret rules and help settle minor disputes that may occur during games.

Most little League games have one home plate umpire and a minimum of one field umpire. Before becoming a home plate umpire you may be require to participat4e in training session or seminars.

While home plate umpires are scheduled well in advance, filed umpires are often determined minutes before the game begins. As you arrive at your child's game, your coach or home plate umpire may ask you to be the filed umpire. When you agree, your main responsibilities are to call plays on the bases, determine if balls are fair or foul, and assist the home plate umpire with other calls.

Helping with field maintenance

In some cases, your local Little League is required to maintain the field that your child plays on. As a part of the field maintenance crew, your skills and abilities may be used to mow grass, line fields, rake dirt, and execute minor repairs on fences, benches, and bleachers.

Selling concessions

Because all Little League playing facilities are different, the responsibilities of a concession stand volunteer vary by league. The job may simply involve standing behind a counter and filling orders, or it may require that you buy, prepare, and transport and/or store various concessions.

League President

Presides at league meetings, and assumes full responsibility for the operation of the local league. The president receives al mail, supplies and other communications from the Little League headquarters. The President must see to it that the league personnel are properly briefed on all phases of rules, regulations, and policies of Little League. The league President is the contact between the local organization and Little League Baseball, Incorporated.

Vice President

Presides in the absence of the President; works with other officers and committee members is ex-officio member of all committees and carries out such duties and assignment as may be delegated by the President.

Secretary

Maintains a register of members and directors; records the minutes of meetings; is responsible for sending out notice of meetings, issues membership cards and maintains a record of league's activities.

Treasurer

Signs checks co-signed by another officer or director; dispenses league funds as approved by the board of directors; reports on the status of league funds; keeps local league books and financial records; prepares budgets and assumes the responsibility for all league finances.

Player Agent

Conducts annual tryouts, and is in charge of player selection, assists President in checking birth records and eligibility of players, serves as a member of the board of directors of the local league and generally supervises and coordinates the transfer of players to or from the Minor Leagues according to the provisions of the regulations of Little League.

Safety Officer

Coordinates all safety activities; ensure the safety in player training; ensures safe playing conditions; coordinates reporting and prevention of injuries; solicits suggestions for making conditions safer, and reports suggestions to Little League Headquarters through the league President.

Internet/Information Officer

Manages the league's official home page on myteam.com; manages the online registration process and ensure that league rosters are maintained on the site; assigns administrative rights to league volunteers and team; ensures that league news and scores are updated on a regular basis; collects, posts and distributes important information on league activities including direct dissemination of fund-raising and sponsor activities to Little League Baseball, district, public, league members and media; serves as primary contact person for Little League and myteam.com regarding optimizing use of the Internet for league administration and for distributing information to league members and to Little League.

Coaching Coordinator

Represents coaches/managers in league, presents a coach/manager training budget to the board; gains the support and funds necessary to implement a league-wide training program; orders and distributes training materials to players, coaches and managers; coordinates mini-clinics as necessary; serves as the contact person for Little League and its manager-coach education program for the league.

Starting a fundraising committee

Although all leagues may not have a need for such an organization, it may be a good idea to start a fundraising committee to help provide such things as uniforms, equipment, awards, team snacks/drinks, and team trips/parties. This may require planning and attending meetings, organizing and participating in fundraising events, and managing and distributing funds. While an unlimited number of fundraisers using adults are permitted, only one fundraiser using players, in or out of uniform is permitted per year.

Helping at registration

Volunteers may be needed to make and distribute posters and flyers advertising the beginning of registration. You can pass these out to local schools and youth organization, and distribute them throughout neighborhoods. Announcements can be placed in local newspapers and on local radio

stations. They should have the time, date and location of local registration, and they should inform parents of any specific documents that will be needed.

Volunteers are also needed at the time of registration. You will be responsible for organizing lines, handling out forms, answering questions, making sure that forms are filled out completely and correctly, and collecting participation fees. Note: As stated in the Little League official rulebook, at no time should payment of any fee be a prerequisite for participation in any level of the Little League program. It is recommended that parents who are unable to pay a participation fee be encouraged to contribute volunteer time to the league.

Making phone calls

Volunteers are needed to make phone calls informing players and their parents of team meetings, parent meetings, and cancelled or reschedule practices and games.

Being an announcer for All Star Games

How do I become a volunteer?

Contact the volunteer coordinator or league president.

BACKGROUND CHECKS

All PTWLL managers and coaches are required to submit to a background check. A volunteer may be disqualified from serving as a coach if that person's criminal record background check reveals a record of conviction of any of the following crimes and offenses: If a coach's record reveals one of the following offenses the coach will be required to meet with the safety committee before being allowed to coach the children of PTWLL.

- 2C:11 Homicide – all offenses
- 2C:12 Assault: Endangering; Threats – all offenses
- 2C:13 Kidnapping – all offenses
- 2C:14 Sexual Offenses – all offenses
- 2C:15 Robbery – all offenses
- 2C:16 Theft – all offenses
- 2C:24 Bigamy -- all offenses
- 2C:35 Controlled Substances – all offenses except 2C:35 – 10A4 (Possession of 50 grams of marijuana or less including any adulterants or dilutants, or 5 grams or less of hashish is a disorderly person.)

ASAP News Article -- Background Check Mandated!

Continuing the Little League tradition of making it "safer for the kids."

October-December 2002 · Volume 9/Number 7

Local Little League programs will be required to conduct background checks on managers, coaches and other volunteers who come into regular contact with players, it was announced by Stephen D. Keener, president and CEO of Little League Baseball, Incorporated. The newest phase of the Little League Child Protection Program goes into effect immediately, for the 2003 season. Leagues worldwide are now required to either conduct a check of a sexual offender registry, or a criminal background check, for the state or country in which the volunteer resides. Little League is the world's largest organized youth sports program, with about 2.7 million baseball and softball players ages 5-18 in the U.S. and 100,000 in other countries. "First and foremost, this mandate is for the protection of children in Little League," Mr. Keener said. "Second, this will help maintain Little League as an Environment in which children are safe from those who would seek to gain access to children and ultimately harm them. Third, it will help protect volunteers and leagues from possible loss of personal or league assets because of costly litigation." New regulations for the 2003 season now require volunteers at the local level

To complete and submit a volunteer application, giving consent to a background check. The applicant is also required to list references and prior convictions. Those required to apply include every manager, coach, board of directors member, and any other volunteer or hired worker who provides regular service to the league and/or have repetitive access to, or contact with, players or teams. The local Little League board of directors

Must then check to determine if the applicant is listed on the sex offender registry of the state in which he or she lives, or, if no sex offender registry is available, must conduct a criminal background check, unless prohibited by Law. More than 40 state governments now provide free access, many via Internet search, to a database of registered sex offenders living in that state. Since 1996, when it was recommended by the Medical And Safety Advisory Committee of USA Baseball, Little League has recommended use of a volunteer application and the conducting of background checks. In 2001, Little League's official web site (www.littleleague.org) began providing local league administrators in the U.S. with recommendations for conducting background checks

on volunteers, as well as links to all searchable state sex offender registries. The address for the Little League Background Check Database, which includes information regarding which states offer the service for free, is:

<http://www.littleleague.org/childprotect/map.htm> "Advances in technology and the wider availability of sex offender registry information make this the right time to expand the Little League Child Protection Program," Mr. Keener said. "It is an excellent example of how a government can make a resource available, and allow

a private organization to take advantage of it. The only losers in this program will be those who would prey on our most precious resource." Since 1988, it is estimated that more than 10 million adults have volunteered in some capacity in Little League programs nationwide. During that 15-year period, nine individual Little League volunteers are known to have been involved in the sexual abuse of a Little Leaguer. There are currently more than 1 million adult Little League volunteers in local Little Leagues nationwide. "Thankfully, incidents of sexual abuse of Little Leaguers by adult volunteers have been extremely rare," Mr. Keener said. "While we realize that no screening process can ever be 100 percent effective, we believe this will be a useful tool in helping our local league volunteers prevent these criminal types from gaining access to children through their local program." Mr. Keener added that access to the Little League Background Check Database at www.littleleague.org is not limited to chartered Little League programs. "This program is available to anyone, anywhere, who has access to the Internet," he said. "Whether it's another baseball or softball program, or any other sport or youth activity, we want to share this information with anyone who has the best interests of children in mind. And we urge all programs to follow Little League's lead in making these screenings mandatory."

Editor's Note: This entire 12-page issue is about the new rules on background checks. All the information

in this issue is available online at

Little League Volunteer Application

See Attached 2009 Form

COACHES' CODE OF ETHICS

- ◆ **I will place the emotional and physical well-being of my players ahead of a personal desire to win.**
- ◆ **I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.**
- ◆ **I will do my best to provide a safe playing situation for my players.**
- ◆ **I will promise to participate in a certification course and practice the basic first aid principles to treat injuries of my players.**
- ◆ **I will do my best to organize practices that are safe, fun, and challenging for all my players.**
- ◆ **I will lead by example in demonstrating fair play and sportsmanship to all my players.**
- ◆ **I will be knowledgeable in the rules of Little League and I will teach these rules to my players.**
- ◆ **I will use those coaching techniques appropriate for each of the skills that I teach.**
- ◆ **I will remember that I am a youth sports coach, and that the game is for children and not adults.**
- ◆ **I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all Little League events.**

Coaches Do's and Don'ts

The following article was written by John T. Reed and is included here as it was presented in the National Alliance For Youth Sports, January/February 2002 issue. John T. Reed is the author of *Youth Baseball Coaching*, as well as several other books on coaching youth sports. For more information, visit his Web site at www.johntreed.com.

While the top goal of any sport is fun, for coaches it can also be a challenge. Keeping the environment both fun and educational can be tough. Add issues surrounding gear, skill levels, motivation, parent involvement and others, and you've got quite the balancing act. But as we teach our kids, no one's perfect. Following are some common mistakes baseball and softball coaches often make with young players, and what coaches can do about them.

1. Wasting practice time on activities where one player works while the rest of the team stands around in small groups chatting.
2. Rotating all players through each defensive position. This is done to expose each child to each position. But try asking your local music teacher to rotate each member of the school band through each instrument so they can be exposed to it. Or ask the local drama teacher to rotate all the students through the different roles in the school play. No position in baseball or softball is that easy to learn, let alone all of them.
3. Failing to give catchers enough repetitions of throwing to second base.
4. Failing to practice sliding during every practice and pre-game warm-up for the first two-thirds of the season.
5. Failing to hold a parent meeting where you explain your policies on position assignments, batting order, playing time, etc. This lays the groundwork for your expectations and allows you to develop a relationship with the parents.
6. Destroying a player's confidence by telling her all the things she's doing wrong. It takes 10 seconds to destroy a child's confidence by telling her what's "wrong" with her swing. It takes 10,000 - literally - closely supervised correct swings to change a player's swing. If you do not have time to closely supervise 10,000 of a player's swings (and chances are you don't), then don't tell a player what's "wrong." The fact is that she probably wouldn't hit any better if you corrected her swing.
7. Trying to control runners at all times rather than letting them make their own decisions.
8. Ignorance of the many dangers in baseball and the easy ways to prevent them. For example, never encourage a youth player to "take one for the team." About three or four youth players are killed every year when hit by normal pitches traveling 40 to 50 miles per hour. They suffer fatal ventricular fibrillation or, in other words, their heart muscle contracts improperly. This is a health problem caused by unique physiology of children's bodies. Would you believe there are 35,000 youth baseball eye injuries a year? That's about one for every eight teams per season. And almost every coach thinks the one that occurred on his team was a "freak accident."
9. Giving prestigious positions out on the basis of nepotism rather than ability and team need.
10. Encouraging batters to swing before they have two strikes. You don't want them to get into a must swing situation - that's when they swing at bad pitches.
11. Not changing your approach to batting when a hitter gets two strikes. Just saying "You have to protect the plate" is not enough. (See No. 10.)

12. Failing to give players enough practice bunting and taking pitches out side the strike zone when in a bunt stance. During batting practice, have each player take several attempts at bunting.
13. Failing to practice having the pitcher cover first base.
14. Failing to emphasize good base running, which is by far the most coachable aspect of baseball.
15. Tolerating lateness, absenteeism, talking back and other misbehaviors at the teenage level.
16. Trying to teach too much to T-ballers. Focus on fundamentals.
17. Failing to teach players where to go when the ball is not hit to them, and failing to insist that they go there. Pitchers and out fielders, especially, tend to go "off duty" whenever a ball is hit somewhere other than to them.
18. Letting players to AT&T tags ("Reach out and touch someone" tags) instead of putting the tag on the ground next to the base. This means working with fielders on keeping their throws low to the ground, too, to help players making the tag.
19. Giving too many signs form the coaching box. Try not to confuse your hitters. Make it simple.
20. Coaching as if your were preparing your players for the pros. Most kids quit youth sports by age 12. Only about one kid per youth team will ever play high school baseball. You will coach one future Major Leaguer about every 641 seasons

Manager and Coach Responsibilities

- Knowledge of the rules and safety practices of Little League program.
- Receive course in certification and first aid.
- Always carry medical release forms and accident/injury forms. Any accident or injury must be reported to the Safety officer or League Director within 24 hours.
- Communicate to the players and parents a practice and game schedule.
- Always have a first aid kit available at all practices and games. Ice or ice packs must be part of the first aid kit.
- Be aware of any allergies, illnesses, or special physical limitation that a player may have.
- Players must warm up and properly stretch before all practices and games. During warm ups make sure the players are evenly spaced between each other to prevent any player from being hit with a ball.
- Never allow players to throw a ball in an area where spectators may get injured.
- Teach the skills of the game and do not emphasize winning.
- After the game both teams should shake hands in a showing of good sportsmanship.
- Check equipment weekly for any repairs or proper fit.
- Inspect fields for any unsafe conditions before the game.
- Keep the fields and dugout clean before, during, and after each practice and game.
- Games should not continue to be played after dusk or during inclement weather.
- Keep a record of the pitch count and do not allow your pitchers to exceed an unsafe pitch count. It is recommended that Minor and Major League pitchers do not throw more than 75 pitches per game. Junior and Senior league pitchers should not throw more than 90 pitches a game.
- If there is not a pay phone available at the field make sure you have access to a cell phone for any emergencies.
- Make sure all players do not leave a practice or a game by themselves or with a stranger. Coaches should always be aware of who will be picking up a player after a practice or a game. Never leave a player by themselves at a field.

MAINTAINING A POSITIVE DISCIPLINE

In helping to provide a safe environment for all players, coaches may need to discipline the players if they are fooling around or not listening to instructions. The following guidelines should be demonstrated when disciplining players.

1. Establish your authority early. In other words, be prepared; know what you want done; confront discipline problems early before they get out of hand.
2. Relate in a warm, natural way, but never as a peer.
3. Get to know all the players by name and develop an understanding of their individual and collective personalities quickly as possible. The best coaching behaviors are those that are clearly directed at specific players.
4. Minimize verbalizing. Effective communication is based as much on effective listening skills as on verbal skills. Talk with your players, not at them.
5. Avoid sarcasm. Show the same respect you wish to receive.
6. Avoid screaming. A firm, confident request or statement is usually far more effective than violent, threatening demands.
7. Try to view the problem from the athlete's frame of reference and always keep in mind the possibility that something you are doing may be the cause. Assume initially that there has to be a justifiable reason.
8. Avoid public criticism. Although public praise can be very effective, public censure is usually a poor choice of action. It frequently forces the player to react defensively, which creates a worse problem than the one the coach originally sought to correct.
9. Develop a direct and sincere approach to praise. If a player is told what is good and why, there is a greater likelihood that the approved behavior will be repeated. However, a mere "okay" or "good" really says nothing and soon has little or no effect on the player. Do not give praise when it is undeserved. Praise must be an earned reward.
10. Be enthusiastic and encourage enthusiasm.
11. Have a sense of humor but do not make learning a joke or use humor which deprecates either yourself or the athlete.
12. Be fair with attention, praise, and opportunities. Fairness does not necessarily mean equal but rather that every player has an equal opportunity to earn such attention or praise within their own skill or maturity level.
13. Give your players your complete attention when you are speaking to them. Such attention is a sign of respect for both the player and what the player has to say. Those who wish to receive respect be willing to give it.
14. Say "no" without feeling guilty; say "yes" without feeling resentment. If you are uncertain what you wish to decide, say "I'll think about it and get back to you by....". Then follow through by the deadline.
15. Do not be afraid to say "I'm sorry"; and "I don't know"; or "I made a mistake" when it is appropriate to do so. Acknowledging errors without being apologetic will usually enhance your credibility not detract from it.
16. Delegate responsibility in doses which players can handle and learn from. Most players will live up to your expectations if your expectations are based on realistic assessment of their skills and maturity.
17. Be a model when it counts—when there is pressure.
18. Discipline briefly and quickly without holding a grudge. Welcome the player back to your coaching as an equal member of the team once

Minimum Sanctions for Coaches

Use of alcohol	Within the park during game or practice or other league or team event where players are present.	Ejection from park 1 game suspension PAYS certification
Use of illegal substances	Same as above	Minimum of 1 year suspension PAYS certification
Interference with the conduct of the game	Resulting in a stoppage of play	Warning
Interference with the conduct of the game - 2nd offense	Same as above	Ejection from field or park PAYS certification
Knowingly requiring or allowing a player to play while having a serious injury.		Suspension for the season
Foul, or abusive language or excessive arguing with an umpire.	A player, coach, official, or spectator	Ejection from game and from field or park 1 game suspension Pays certification
Foul of abusive language - 2nd offense	Same as above	Ejection from game and from field or park Up to 1 year suspension PAYS certification
Allowing or encouraging foul, abusive, or threatening language or behavior by players.	Same as above	Ejection from game and a 2 game suspension
Threatening gesture or language	Same as above	Ejection from field or park Up to 1 year suspension from attendance and participation PAYS certification
Death threat and/or language	Same as above	Ejection from field or park At least 1 year suspension Pays certification
Striking or bodily assault in any threatening fashion	Same as above	Ejection from field or park Minimum 1 year suspension from attendance and participation PAYS certification
Striking or bodily assault - 2nd offense	Same as above	Lifetime suspension

All disciplinary issues will be reviewed by the PTWLL Safety and Disciplinary Committee

PARENTING

In order to maintain a safe environment for our players; the help of parents will be necessary:

1. Please make sure your child's equipment fits properly: baseball glove, uniform, and cleats or sneakers.
2. Players should be at practice or game 15-20 minutes before starting time to properly warm-up.
3. Players should always have a water bottle for practice or game.
4. Let the manager or coach instruct the players on the field.
5. Always praise the player and if you need to talk with the coach about the player try to
 1. have the discussion in private.
6. Let the umpire make the calls during the game and never question an umpire's call.
7. Please pick your child up promptly after a game or practice.

Supportive Parents:

1. Decrease the pressure to win.
2. Believe that the sport's primary value is the opportunity for self development.
3. Understand the risks of the sport.
4. Communicate their true concerns with the coach.
5. Understand and respect the differences between parental roles and coaching roles.
6. Control negative emotions and think positively.
7. Avoid the use of fear.
8. Avoid criticism.
9. Recognize and understand the expression of insecurity.
10. Avoid the use of guilt.
11. Show empathy for the young player

Coaches Code of Ethics

I hereby pledge to live up to my certification as a NYSCA Coach or any other recognized Safety Organization by following the NYSCA Coaches' Code of Ethics:

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.
- I will follow and adhere to all the rules and regulations of the sport I am coaching.

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Minimum Sanctions for Parents, Spectators and Members

Infraction	Directed Towards	Consequence
Use of alcohol	Within the park during game or practice or other league or team event where players are present.	Ejection from park One game suspension PAYS certification
Use of illegal substances	Same as above	Minimum of one year suspension PAYS certification
Interference with the conduct of the game	Resulting in a stoppage of play	Warning
Interference with the conduct of the game - 2nd offense	Same as above	Ejection from field or park PAYS certification
Foul or abusive language	A player, coach, official or spectator	Ejection from field or park PAYS certification
Foul of abusive language - 2nd offense	Same as above	Ejection from field or park 1 week suspension PAYS certification
Striking or bodily assault in any threatening fashion	Same as above	Ejection from field or park Minimum 1 year suspension from attendance and participation PAYS certification
Threatening gesture or language	Same as above	Ejection from field or park Up to 1 year suspension from attendance and participation PAYS certification
Death threat and/or language	Same as above	Ejection from field or park At least 1 year suspension Pays certification

Soliciting of any sort is prohibited on Par-Troy West Little League property or at any Par-Troy West Little League function, game or event. Any violation of this by a League member will be brought up to the Disciplinary Committee and possible disciplinary action taken. Any non member soliciting will be asked to leave the premises immediately.

Any parent who is suspended may allow their child to continue to play if they appoint a "parent-guardian" to take the child to games and practices. Failure to do so will result in the child not being allowed to participate.

WARM-UP EXERCISES

All players should warm up before a game and practice. A warm up period of approximately 15-20 minutes before each game and practice is recommended. The warm up should address each muscle group and get the heart rate elevated in preparation for strenuous activity. Easy running followed by stretching exercises is recommended. (hold each stretch for 20 seconds, then release)

A sample warm up session – all warm-ups should be done prior to game time

1. Side and shoulder stretch – stand with one arm extended straight up, the bend the upper body to the opposite side, reaching the hand up and across. For the shoulder stretch, extend one arm across the chest, grasp the raised elbow with the opposite hand, and pull the elbow toward the body. Repeat the stretch on the other side.
2. Ankle stretch – Sit upright on the ground with one leg crossed over the opposite knee. Grasp your ankle and the heel of your foot with one hand, and the top outside portion of your foot with the other hand. Slowly turn your ankle inward, hold the stretch and relax. Switch legs and repeat the stretch.
3. Hip flexor stretch – Stand upright, flex one knee, and roll the opposite foot under so the top of the instep rests on the floor. Placing your hands on your hips and keeping the chest and shoulders upright, press your hips toward the ground. Repeat the stretch on the other side.
4. Hamstring stretch – Sit upright on the ground. Flex one knee and slide the heel toward your groin so that the heel is against the inner side of your opposite thigh. A 90 degree angle should be formed between your extended leg and flexed leg. Keeping the extended leg straight, bend at the waist and lower the torso toward the straight leg. Switch legs and repeat the stretch.
5. Quadriceps stretch – Lie on your stomach. Bend one knee and try to touch that heel to the buttock. Next, grasp the ankle with the same side hand. Slowly pull your ankle toward the back of your head. Do not twist your trunk. Switch legs and repeat the stretch.
6. Jog around the field for 3-5 minutes.
7. Light toss between 2 players.

SKILLS and DRILLS

Before and throughout the season the manager and coach should teach the players the fundamentals of the game. This can be done by teaching skills through different baseball drills. Teaching the correct technique to a skill will help prevent the player from getting hurt. Managers and coaches must learn to let the athletes learn. Sport skills should be taught so they have meaning to the player. Try to use this IDEA:

- I – Introduce the skill
- D – Demonstrate the skill
- E – Explain the skill
- A - Attend to players practicing the skill.

Throwing

Throwing is one of the most important skills in baseball. Stress to young players that accuracy is more important than speed. Many young players tend to throw very wildly in their attempt to put some zip on the ball. Teach the player to throw over the top and not sidearm. Throwing the ball over the top will give players greater control and accuracy. Throwing sidearm can lead to bad throwing habits, wildness, and undue strain on young elbows that could lead to serious arm injury.

Catching

Some players will be afraid to catch a thrown ball. That fear can make them flinch right before the ball reaches the glove. They'll end up dropping the ball instead of catching it, or worse the ball may hit them, sometimes causing serious injury. Teach players the proper technique to catch a ball. Players should:

1. Keep their eyes on the ball
2. Have both hands ready, with arms relaxed and extended toward the ball
3. Bend the elbows to absorb the force of the throw
4. Watch the ball into the glove and squeeze it with both hands

Hitting

Hitting is very difficult for little leaguers to master. Many youth players are intimidated by having other youngsters pitch to them. In some instances when players are at bat they become afraid to stay in the batter's box and keep their eye on the ball. In the future we will be investing in batting helmets with face guards and batting vests to help the confidence of the young player. Managers and coaches should teach young players proper stance, grip, stride, and swing. Over time, emphasizing hitting fundamentals and giving young players plenty of practice time will help the player to develop their hitting skills.

Sliding

Many injuries occur on the youth level because the player either slides the incorrect way or is involved in a collision with another player. When approaching a base a player must decide in an instant whether to slide. If the play at the base appears close or if a coach is yelling to slide, the player should slide. Once the decision is made, it should be carried out. Players often change their minds at the last second, which increases the chance of injury. However most injuries occur because of poor sliding technique. Managers and coaches should teach the players to slide safely and correctly, and give them plenty of opportunities to practice so that they can become comfortable with the actual motion.

1. Start the slide 10-12 feet from the base.
2. Don't drop down to the ground-slide to the base
3. Approach the base, bend your knees (which will drop the hips). Then extend the right leg toward the bag and bend the left leg under the right knee to form a 4.
4. Slide on the buttocks, not on the side or the hips.
5. Tuck chin to chest to prevent banging your head.
6. Your extended foot should be 6-8 inches off the ground to slide over the bag.
7. Keep hands up; don't drag them across the ground as you slide.

ACCIDENT/INJURY REPORTS

Every manager will be given accident/injury forms to report any accident or injury that occurs during the season. These forms will help us prevent any future incident and monitor any personal injury to a player or volunteer. A phone call and an accident/injury form should be completed and given to either the League Safety Officer, Vice President of Administration, or League Director within 24-48 hours of the occurrence. The Safety Officer or the Vice President of Administration will follow up on the condition of the injured player and if necessary help the player's parents complete necessary insurance forms. If an accident occurs because of an unsafe condition then the Safety Officer will immediately take corrective measures to eliminate any future occurrence.

What to report

The manager should use proper judgment to report an accident/injury. The severity of the occurrence is important but we want to make sure that the accident/injury does not happen again. Reporting these incidents will help us to correct an unsafe act.

Report the following:

1. Abrasions
2. Sprains
3. Head injuries
4. Mouth/dental injury
5. Broken bones
6. Unsafe field condition
7. Unsafe equipment
8. Accident/injury occurring on way to practice or game
9. Any event that constitutes a player being removed from a game; i.e.: sickness, injury, discipline. etc.

INJURIES

No matter how good and thorough your safety program, injuries will occur. When injury does strike, chances are the coach will be in charge. The severity and nature of the injury will determine how actively involved the coach will be in treating the injury. But regardless of how seriously a player is hurt, it is the coaches responsibility to know what steps to take.

Minor Injuries:

SCRAPES AND CUTS

When one of your players has an open wound, the first thing you should do is put on a pair of disposable gloves. Then follow these 4 steps:

1. Stop the bleeding – By applying direct pressure with a clean dressing to the wound and elevating it. The player may be able to apply this pressure while you put on your gloves. Do not remove the dressing if it becomes soaked with blood. Instead, place an additional dressing on top of the one already in place. If bleeding continues, elevate the injured area above the heart and maintain pressure.
2. Cleanse the wound – Thoroughly clean the wound once the bleeding is controlled. A good rinsing with a forceful stream of water and light scrubbing with soap will help prevent infection.
3. Protect the wound – With sterile gauze or bandage. If the player continues to participate apply protective padding over the injured area.
4. Remove and dispose of gloves – Carefully dispose of gloves to prevent you or anyone else from coming into contact with blood.

BLOODY NOSES

For bloody noses not associated with serious facial injury, have the player sit and lean slightly forward. Then pinch the player's nostrils shut. If the bleeding continues after several minutes, or if the player has a history of nosebleeds, seek medical assistance.

DENTAL INJURIES

Professionally made, proper fitted custom mouth guards greatly reduce the risk and severity of mouth injuries. Mouth guards are recommended injury prevention equipment for all at-risk sports.

Avulsion (Entire tooth knocked out)

1. Avoid additional trauma to tooth while handling. Do not handle tooth by the root. Do not brush or scrub tooth. Do not sterilize tooth.
2. If debris is on tooth, gently rinse with water.
3. If possible, reimplant and sterilize by biting down gently on a towel or handkerchief. Do only if athlete is alert and conscious.
4. If unable to reimplant:
 - a. Place tooth in Hank's Balanced Saline Solution.
 - b. Place tooth in milk. Cold whole milk is best, followed by 2%.
 - c. Wrap tooth in saline soaked gauze.
 - d. Place tooth under athlete's tongue. Do this only if athlete is conscious and alert.
5. Time is very important. Reimplantation within 30 minutes has the highest degree of success rate. Transport immediately to dentist.

Luxation (Tooth in socket, but wrong position)

Three positions:

1. Extruded tooth – upper tooth hangs down and/or lower tooth raised up:
 - a. Reposition both in socket using firm finger pressure.
 - b. Stabilize tooth by gently biting on towel or handkerchief.
 - c. Transport immediately to dentist.
2. Lateral Displacement – tooth pushed back or pulled forward:
 - a. Try to reposition tooth using finger pressure.
 - b. Player may require local anesthetic to reposition tooth, if so, stabilize tooth by gently biting on towel or handkerchief.
 - c. Transport immediately to dentist.
3. Intruded tooth – tooth pushed into gum, looks short:
 - a. Do nothing, avoid repositioning of tooth.
 - b. Transport immediately to dentist.

Fracture (Broken tooth)

1. If tooth is totally broken in half, save the broken portion and bring to the dental office as described under Avulsion, item 4. Stabilize portion of tooth left in mouth by gently biting on towel or handkerchief to control bleeding.
2. Should extreme pain occur, limit contact with other teeth, air or tongue. Pulp nerve may be exposed which is extremely painful to player.
3. Save all fragments of fractured tooth as described under Avulsion, item 4
4. Immediately transport player and tooth fragments to dentist.

PTWLL ACCIDENT/INJURY REPORT

Injured person's name _____ Date of birth _____

Address _____ Age _____ Sex: Female _____ Male _____

Parent's name _____ Home phone _____ Work _____

Field name _____ Incident date _____ Incident time _____

Incident occurred while participating in:

- A. Baseball _____ Softball _____
- B. T-Ball _____ Farm _____ Instructional _____ Minors _____ Majors _____ Juniors _____ Seniors _____
- C. Practice _____ Games _____ Tournament _____ Other (Describe) _____

Position/Role of person involved in accident:

- D. Batter _____ Baserunner _____ Pitcher _____ Catcher _____ First Base _____ Second Base _____
- Third Base _____ Short Stop _____ Left Field _____ Center Field _____ Right Field _____ Dugout _____
- Umpire _____ Manager/Coach _____ 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 being allowed in a game or practice)

Type of incident and location:

- | | |
|---|---|
| <p>A. On primary playing field:
Base path _____ Running _____ Sliding _____
Hit by ball _____ Pitched _____ Thrown _____ Batted _____
Collision with: Player _____ Structure: _____
Grounds defect _____
Other _____</p> | <p>B. Adjacent to playing field:
Seating area _____ Parking area _____</p> <p>C. Off ball field:
Travel: Car _____ Bike _____ Walking _____
Other _____</p> |
|---|---|

Please give a short description of incident _____

Could this accident have been avoided? How: _____

This form is for PTWLL purposes only, to report 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.

Prepared by/position _____ Phone number _____

Signature _____ Date _____

Give to League Director or PTWLL Safety Officer (Rhys Taylor)

Reporting an Accident

Any incident that causes a player, manager, coach, umpire and volunteer to receive medical treatment and/or first aid must be reported to the Safety Officer within 24 hours of the incident. An accident report form must be filled out for all incidents even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

The Safety Officer for 2007 is Rhys Taylor. He can be reached at the following numbers:

Day 973-503-0230
Email txdrmy1@aol.com

Please give the following information

1. Name and phone number of player
2. Date, time, and location of accident
3. Detailed description of incident
4. The preliminary diagnosis of incident
5. Name and phone number of person reporting the incident

Responsibility of Safety Officer

1. Contact the injured party and verify report of accident
2. Check on status of injury
3. Obtain additional information
4. If any medical treatment was received the Safety officer will advise the injured party of the Par Troy West's insurance coverage's and assist with making any claims.
5. Safety Officer will monitor status of injured player and check to see if any assistance is needed until the incident is considered closed.

Serious Injuries:

CRAMPS

A cramp to a muscle of a player can occur either from a blow to a muscle group from another player, an over extension by the payer himself/herself, or from fatigue. If it is a fatigue cramp the best thing you can do is to take the portion of the leg and apply pressure opposite to the extension which caused the cramp. If the cramp occurs because of a blow to that area, either in the area of the thigh or the calf, ice should be applied to keep swelling to a minimum.

BLISTERS

Another very common medical situation that occurs with young players in the area of the foot. Blisters can result if their cleats or sneakers don't fit properly, they are trying to wear brand new shoes into competition, or they do not lace their shoes properly. These same blisters could be readily eliminated through some form of lubrication between the shoe and sock (e.g. petroleum jelly). Blisters can also be eliminated if the player can wear their cleats or sneakers a couple of times for short periods before the player goes on the field. In the event blisters do occur, immediate treatments of ice should be applied. Once the blister area is softened, some form of sterile release of the fluid from within the blister should be made. Following this, a proper type of antiseptic dressing should be applied, which allows the area to be totally free of infection.

SPRAINS

Many sprains can occur in baseball. We sprain an ankle, sprain a knee, sprain a wrist. Remember a sprain is an injury that occurs to a joint in the body. Ankle sprains, the turned ankle, the external rotation of the eversion all occur generally when the athlete overextends that joint of the body.

The treatment is "RICE"

R	Rest	Immediately get the athlete off the injured sprain
I	ICE	The next feature of treatment is the application of ice.
C	COMPRESSION	Compression is simply a firm wrap to hold the ice in place on the injured area. It is not a tourniquet.
E	ELEVATE	And finally, where it is possible without being ridiculous, elevate the injured area of the player so as to not encourage more blood moving to the injured area.

Rest, ice, compression, and elevation. Avoid at all costs the theory of “run it off”. “Run it off” could take a very bad sprain and make it worse. Further, immediate treatments of heat to a sprained area could set the recuperatory period back by many weeks.

BROKEN BONES

A broken bone does not only happen upon contact with another player or object, but rather because of over extension of the player who suffers the injury. In the event of a broken bone call for emergency help immediately. Keep the player calm, and if possible, block his vision from the broken limb. Keep the player as comfortable as possible. An important responsibility that a manager has is to keep the player from going into shock. You can do this by keeping the player warm and talking very calmly and quietly. The player is not to be moved from the field regardless of the nature of the game, the circumstances of the game or the need for the game to go on. The player is far more important than any game. Keep things in a calm order, have someone get the other players and all spectators away and do whatever to keep the injured player calm. If you observed the injury you can be most helpful to the paramedics or medical staff who comes to the scene. This will allow you to describe to the medical person exactly what happened, and give him a better understanding of the physical status of the injured player.

HEAD INJURY

A very serious and life threatening injury that leaves the player unconscious. This can occur from a blow to the head by a baseball or by a collision with another player. In any of these situations, if concussion occurs, and the player is unconscious, deal with the injury in a very serious manner. Call for emergency help immediately. An immediate check of the player’s breathing and heart beat are followed by methods of reviving the player. The application of ice to the neck or keeping the player flat on their back and lifting the legs usually brings the player to consciousness. Keep the injured player as comfortable as possible and all spectators and other players away. Do not remove the player from the playing field until the player is absolutely ready. The player should not be allowed to play until he/she has been examined by a doctor.

Heat Exhaustion

Heat exhaustion occurs when the body compensates for the heat by loss of large amounts of body fluids (perspiring). Though heat exhaustion is not life threatening care must be taken that the player does not experience further complications.

Symptoms:

- 1. Fatigue**
- 2. Loss of appetite**
- 3. Flushed skin**
- 4. Light headed**

Treatment:

- 1. Stop exercising or playing**
- 2. Get out of sun/heat**
- 3. Remove extra clothing**
- 4. Drink plenty of fluids**

Players that practice or play during extremely hot days should:

- 1. Before a game or practice – drink 8 oz. of water or sports drink**
- 2. During game drink 4 oz. every 20 minutes.**
- 3. After game or practice drink 16 oz.**

FIRST AID KIT

ALWAYS CARRY YOUR FIRST AID KIT TO EVERY PRACTICE AND GAME

**Approx.
Quantity**

10	Latex Gloves
6	Assorted size sterile gauze pads 2"-4"
1	Medical Tape
3	Bacitracin ointment
3	Wash ups antibacterial
3	Antiseptic wipes
10	Band-Aids – self adhesive 3/4"
3	Band-Aids – self adhesive extra large
3	Bee sting swabs
1	Ammonia inhalants
3	Chemical ice packs
1	Soft cling sterile bandage roll

Also contained in First Aid Kit:

**Name and phone number of Safety Officer
Name and phone number of Equipment Director
Name and phone number of Poison Control Hotline
Accident/injury reporting forms
Team medical release forms**

**Managers can restock their supplies during the season by contacting the
Equipment Directors or Safety Officer**

UMPIRES

Umpiring is as important to the successful conduct of our Little league program as managing and coaching. Character, good judgment, ability to get along with youngsters, and the desire to do the job well are the attributes of a good umpire. A competent Little League umpire is a person who commands respect, knows the rules of the game and reacts intuitively to play situations which dictate the umpire's position.

The umpire has a unique role. As sole judge and jury the umpire's authority is unquestioned, but the dignity with which each umpire exercises duties, the good judgment and common sense they apply to the interpretation of the Rule Book are the hallmarks of an efficient and well respected official.

- ◆ The umpire is an integral part of Little League baseball. The umpire is in charge of the game.
- ◆ Managers, coaches, players, and spectators should not question an umpire's decision.
- ◆ Umpiring is very demanding but rewarding responsibility.
- ◆ No game is better than its umpire.

Umpire Responsibilities

1. Know the rules of the game.
2. Make sure teams have exchanged line up cards.
3. Discuss strike zone with both managers.
4. Inspect the field for any unsafe conditions before the game.
5. Inspect players equipment for improper fit or unsafe condition.
6. Do not allow players to wear jewelry, watches, metallic objects, etc.
7. Pitchers should not wear white long sleeves.
8. Know when to stop game due to darkness or inclement weather.
9. Make the calls loud and clear.
10. Ensure the game starts on time and control the flow of the game.

BICYCLE SAFETY

1. Always wear a helmet
2. Obey all traffic laws
3. Wear clothing that makes you visible
4. Ride with the flow of traffic
5. Stop and look at intersections
6. Check brakes before riding
7. Do not ride at night
8. Be alert and watch for obstacles
9. Bike riding is not permitted at the PTWLL complex
10. Always leave your bike in the bike rack at the ball fields and schools
- 11.

Automobile Transportation to Fields

1. Always wear seat belts
2. Obey all traffic laws
3. Drive with caution near all fields and schools
4. Drive 5 mph in parking lots at all schools and fields
5. Park only in designated parking spaces
6. Kids are not cargo, do not allow them to ride in back of trucks

Walking to a Game or Practice

1. Walk in single file on a sidewalk. If sidewalks are not available walk against the flow of traffic, staying on the side of the road
2. Never hitch a ride or take a ride from a stranger
3. Be alert at all intersections
4. Wear colorful clothing at night and carry a flashlight

EQUIPMENT

Managers and coaches must be aware of the appropriate equipment and its proper specifications. Periodic inspections should be made for proper fit and repair. Advise the equipment coordinator of any need for new equipment or repair.

Bases

Par-Troy West Little League has breakaway bases on all of our fields and double first bases to avoid collisions fielders/runners at 1st base.

Balls

A standard size baseball is 9-9 ¼ inches in circumference and weighs 5-5 1/4 ounces. The stitching connecting the to panels of cowhide or horsehide protrudes just enough to allow a player to grip the ball tightly with the fingers. Rubber coated, softer balls (8 1/2 inches) are used in T-ball and Farm League. These softer balls prevent younger players from developing a fear of catching or fielding a ball. These fears could impede their skill development or lead to an injury.

Bats

It is very important that each player chooses a bat that is the proper fit for them. Finding bats light enough for players is no longer a problem with the widespread availability of aluminum bats. Replacing weight as a primary factor in bat selection are length and shape. Longer bats can provide more power through the strike zone if the hitter is strong enough and can generate great bat speed. Shorter bats are best for smaller players who are unable to generate sufficient power. The handle of the bat should be thin enough that the player can easily grip both hands around it. Players should not use a bat because their team mate got a hit with that bat. Each player should use a bat that is the proper fit for them.

Gloves

Players should use proper fitting gloves. It's better to start with a smaller glove than an oversized one. A glove with that has an huge pocket and is much bigger than a player's hand will be hard to control and could hinder skill development and cause injury. Breaking in or conditioning a glove will help create a good pocket and make the glove strong and flexible. Well conditioned gloves will improve the player's ability to field and hold onto the ball.

Sneakers/cleats

All players should wear either baseball shoes with rubber cleats or sneakers. Metal cleats are not permitted. Double tying the laces will prevent them from coming untied, which can cause a player to trip and possibly cause an injury.

Batting helmets

Batting helmets must be worn by any player that is at bat, a base runner, or a base coach. It is very important that the helmet is fitted properly to the player's head so that when a player is running to a base the helmet stays secure on the player's head. **PTWLL has purchased helmets with chin straps for and we also have helmets available with face guards which will be used for player base coaches.**

Batting Cages

Batting Cage Rules:

- **No unauthorized/unsupervised** use of the batting cage area.
- Make sure your players know!!
- Batters (**Players Only**) must wear helmets.
- Only one batter in the cage, all others must be outside the fenced area.
- Do not stand behind or alongside the nets. The nets only restrict the flight of the ball; they do not offer any protection.
- Do not swing bats outside of the cages.
- Only coaches (**certified**) may operate the pitching machines.
- Only one coach in the cage.
- Pitchers (**coaches only**) must use the screen
- The pitching machine must be turned off and unplugged when not in use. Or if the coach leaves the pitching area.
- **If unattended machine is found plugged in and turned on the team will lose its use of the cages.**
- Only safety balls may be used.
- **Bullpens:** One pitcher and coach on the mound catchers must wear all protective equipment.

Batting Cage Procedures:

Weekdays:

During the season the batting cages and the bullpens may be used for warm up (approx 5:00 pm) by the teams playing the 6:00 pm game accessed by the side field's gates.

Note: All 4 teams must be able to use the area please be considerate and alternate batters and pitchers.

After the game starts the cages will be available on a reservation basis from 6:00 to 7:30 accessed by the main gate.

Please make sure the side field gates are closed during the game.

Note: the teams playing have priority use of the bullpens to warm up during the game.

Weekends:

There will be no reserved time for the batting cages on the weekends. The batting machines will not be available on weekends the teams playing can use the bullpens and the safety balls for live pitching (by coaches only).

Note: during the practice season the teams scheduled (by league directors) for practice on the complex fields may access the area by the side field gates. They can use the bullpens; the safety balls for live pitching (by coaches) may be available upon prior arrangements.

Reservations:

To reserve batting cages call Rich Japko 973-539-7882.

Only reservations confirmed directly will be honored. Leave a message with your name, team name and number, and your Telephone number. **DO NOT LEAVE YOUR REQUESTED TIME.**

A second reservation cannot be made. The team must use the reservation prior to making another.

Operations:

Start Up:

- Visually adjust the machine's location
- With the power switch off and the speed control at zero plug in the machine
- Turn on the power switch and slowly bring the speed control up to the medium setting.
NOTE: one machine has 10 settings and the other has M.P>H. settings. Neither of these settings are consistent or accurate
- Place a ball in the release chute and observe the flight path and landing area
- Make adjustments as required:
 1. Side to Side: move the entire machine
 2. Distance: increase or decrease the speed
 3. Height: increase/decrease the speed or loosen "T" bolt and adjust chute**NOTE: The start up and adjustments must be done with all players outside of the nets**

- With the player/batter in the batter's box show the batter the ball (to insure the batter's awareness).
NOTE: The coach must set the pace, do not quick pitch the batter
- Place the ball in the chute and release.
NOTE: The manner of the ball's release I.E., Topspin, Sidespin, pushes No Spin, Etc. will affect the ball's trajectory.

SAFETY

1. **Do not operate the machines with loose clothing**
2. **Keep all jewelry, Long Hair, etc away from the machines**
3. **Make sure the pitching speed and location are appropriate for the batter's skill level.**

Weather

During a game it is the responsibility of the umpire or the manager and coaches in T- Ball and Farm league to decide if a game should be halted or postponed due to weather conditions. Managers, coaches, players and parents should not try to persuade the umpire to continue playing a game if severe weather conditions exist. Personal safety is more important than finishing a game. In T-ball, Farm League, and Instructional Softball it is the responsibility of the managers and coaches to stop the game because of inclement weather. It is the manager or coaches' decision to stop practice during severe weather conditions. Do not risk the safety of your player to continue a game or practice.

Rain

If severe rain occurs halt the game immediately and have all players take cover as quickly as possible. Only resume the game if rain stops and the field conditions are safe.

Storm/High Winds

Immediately evacuate the field area and find cover in a safe area from the winds hurling objects through the air. Try to secure equipment and store in a safe area.

Lightning

Lightning's behavior is random and unpredictable. Preparedness and quick response are the best defenses towards the lightning hazard. As soon as lightning is sighted games or practices should be stopped immediately and the field area evacuated.

If you wait too long to seek shelter when a thunderstorm is approaching, you may be in for the shock of your life. Most lightning deaths and injuries occur when people are caught outdoors and don't get to shelter in time. Worse yet, adults often fail to call off games early enough, needlessly putting children in danger of being struck by lightning.

Athletic fields pose many increased risks to lightning strikes. They have large open areas where people are often the tallest objects around. Metal Bleachers, metal fences, and metal light poles all attract lightning. When lightning hits these objects, its charge travels along the object shocking anyone who is touching it. Lightning can cause "splash" or ricochet off these objects and strike nearby people. *If thunder is heard, games and practices must be suspended until the threat passes and thunder is no longer heard.* No sporting event is worth risking the lives of the people and children on and around the field. When a game or practice is delayed due to a thunderstorm, move everyone indoors or into cars until the storm passes.

Par Troy West has a lightning detector in our snack bar.

What to do if thunder or lightning is seen or heard

1. Try to get everyone into his or her cars or in a building. And wait to see if game or practice will be continued. Keep away from all metal objects, power poles, and trees. Do not try to use a phone.
2. For every 5 seconds after a flash of lightning or bang of thunder, the strike is about a mile away
3. Once inside a building. Close all windows and outside doors. Stay off the telephone and stay away from electrical outlets and metal pipes.
4. Injured persons do not carry an electrical charge and can be handled safely. If anyone is struck by lightning apply First Aid procedures if you are qualified or call 911 or send for emergency help.

If you are caught outdoors and no shelter is nearby.....

1. Find a low spot away from trees, fences, and poles.
2. If you are in woods, take shelter under the shorter trees or low brush.
3. If you are on water, move to land immediately and find a low spot.
4. If you feel your skin tingle or hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. You want to make yourself the smallest possible target and yet also minimize your contact with the ground.

Some Enlightening facts about Lightning

1. Average lightning stroke is 6 miles long
2. The temperature of lightning's return stroke can be 50,000 degrees Fahrenheit. The surface of the sun is not even that hot.
3. Average thunderstorm is 6-10 miles wide.
4. Average thunderstorm travels at a rate of 25 miles per hour.
5. Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from overhanging anvil cloud. Because of this, many lightning deaths and injuries occur with clear skies directly overhead.
6. On average, thunder can only be heard over a distance of 3-4 miles, depending on humidity, terrain, and other factors.
7. Approximately 100,000 thunderstorms occur in the United States each year. Approximately 10% of all thunderstorms are severe enough to produce high winds, flash floods, and tornadoes.
8. Thunderstorms cause an average of 200 deaths and 700 injuries in the United States each year, most of which could be prevented with the warning provided by Sky scan.

DIRECTIONS TO PTWLL FIELDS

PTWLL Complex (884-1404)

Rte 202 to Halsey Rd (Gulf station) turn right on Elmwood Drive. Complex is at the end of the road.

Lake Parsippany Park (pay phone-503-1538)

Same as above except park is on the left.

Littleton School

Rte 53 or 202 turn on Brooklawn Drive. School is on Brooklawn Drive.

Park Road Field

Rte 53 turn on Park Place. Park Road Field is about 1/2 mile on left.

Parsippany Hills High School

Rte 202 to Rita Drive. The High School is at the end of Rita Drive.

Brooklawn Middle School

Rte 202 to Beachwood. School is on the right side and the fields are behind the school.

Smith Field (pay phone-263-9366)

Rte 46 East to Baldwin Road turn right (Burger King).

Lake Parsippany School

Littleton Road to Kingston Rd turn right go 2 blocks turn right on Bound Brook.

Eastlake School

Littleton Road to Mamora (last right before Rte 80) turn right then turn left on Eba.

Intervale School

Rte 202 North turns into Parsippany Blvd. Turn left on Pitt Road or Bell Road

PARENTAL CONCERNS ABOUT SAFETY

The following some of the most common concerns and questions asked by parents regarding the safety of their children when it comes to playing baseball and softball.

I'm worried that my child is too small or too big to play on the team/division he has been assigned to. Little League has rules concerning the ages of players on T-/Ball, Farm, Minor, Major and Senior teams. Par Troy West observes those rules and then places children on teams according to their skills and abilities based on their try-out ratings at the beginning of the season. If for some reason you do not think your child belongs in a particular division, please contact the Par Troy West Player Agent and share your concerns with him or her.

Should my child be pitching as many innings per game? Little League has rules regarding pitching which all managers and coaches must follow. The rules are different depending on the division of play but the rules are there to protect children.

How do I know that I can trust the volunteer managers and coaches not to be child molesters? Par Troy West Little League runs background checks on all board members, managers, and designated coaches before appointing them. Volunteers are required to fill out applications which give PTWLL the information and permission it needs to complete a thorough investigation. If the League receives inappropriate information on a volunteer, that volunteer will immediately be removed from his/her position and banned from the facility.

How can I complain about the way my child is being treated by the manager, coach, or umpire? You can directly contact the PTWLL Player Agent for your division or any PTWLL board member. Their names and telephone numbers are posted on the Website (Partroywestbaseball.org). The complaint will be brought to the PTWLL President's attention immediately.