

Shrewsbury Little League
Shrewsbury Girls Softball
Shrewsbury Junior/Senior League

2010
Safety Manual



www.shrewsburylittleleague.com

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Note: Throughout this manual Shrewsbury Little League, Shrewsbury Girls Softball and Senior baseball will be collectively referred to as Shrewsbury Little League or SLL.

Policy Statement

The objective of SLL shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage and respect for their community, coaches, teammates, and themselves. By espousing the virtues of character courage, and loyalty, the Shrewsbury Local League is committed to developing superior citizens.

Safety Officer

Shrewsbury Little League will have an active safety officer as a member of the board and on file with Little League headquarters. The Safety Director for the 2009 season is Lynne Bonnici. She can be reached at 508-842-1219, and league contact information can be found on page 4 of this manual.

Training

Shrewsbury Little League provides first aid training and fundamentals training yearly. It is mandatory that all managers attend the first aid training session. If a manager cannot attend, then he/she must send one of the team's coaches in his/her place. It is strongly recommended that at least one coach or manager attend the fundamentals training. This years training is scheduled for March 27, 2010 at 8:00 PM

Safety Manual and First Aid Kits

T-ball, Instructional, Farm and Softball Divisions:

Each manager in these divisions will be issued a Safety Manual, first aid kit and a case of ice packs at the beginning of the season. It is the managers' responsibility to read the manual and share pertinent material with coaches, players and parents of the team. The first aid kits and unused ice packs will be collected at the end of the season. If refills of any items are needed during the season, contact the Safety Director listed on the next page.

It is the managers' responsibility to bring the first aid kit and ice packs to ALL practices and games.

Minors, Majors and Prep Divisions:

Each Manager will be issued a Safety Manual. It is the managers' responsibility to read the manual and share pertinent material with coaches, players and parents of the team. First Aid kits and ice packs for these divisions will be kept in the concession stands at the fields (Coolidge, Edgemere and Dean).

Volunteer Applications

All Board Members, General Members, Managers, Coaches and Volunteers must complete the volunteer form according to Little League regulations. SLL utilizes the Official 2006 Little League Volunteer Application Form. A copy is included in this manual or can be obtained from the SLL website. Forms must be submitted to the league president. All volunteers will be checked against the Shrewsbury sex offender registry.

Board of Directors

| Last name | First name | Position | E-mail address | Home Phone | Cell Phone |
|-----------|------------|-------------------------------|--|--------------|--------------|
| Buduo | Joe | President | jbuduo@walshbrothers.com | 508-845-3616 | 617-212-9399 |
| Saunders | Rich | Vice President | rds77@verizon.net | 508-842-7361 | |
| Campos | Dave | Secretary/ Tournament Dir. | dcampos@sterlingmail.com | 508-842-4487 | 978-265-8896 |
| West | Ken | VP of Finance | KenWestSLL@gmail.com | | |
| Lauzon | Brian | Big/SR/JR League Comm. | lasthalfer@gmail.com | 508-842-7565 | 508-509-6866 |
| Cormier | Dan | Jr. League Umpire Dir | danc@townisp.com | 508-842-1375 | |
| Abbot | Mark | Majors/Prep Commissioner | msabbott201@msn.com | 508-842-0679 | 508-479-4729 |
| Kelly | Gary | Dir. AL Majors/ Purchasing | gkelly@townisp.com | | 508-889-2796 |
| Fisher | Mike | Dir. NL Majors | mfisher@townisp.com | 508-845-3034 | 508-847-6963 |
| Belanger | Neil | Dir. Of Majors Umpires | nbelanger@versitec.com | | 508-523-3516 |
| Campanale | Mike | Minors Commissioner | MCampanale@gabriellitruck.com | | |
| Mcaulay | Pat | Minors Umpire Director | patrick.mcaulay@verizon.net | 508-842-7288 | |
| Morgera | Mike | U7 Commissioner | mmorgera@townisp.com | 508-842-0396 | 508-523-2637 |
| Morgera | Mike | Farm Director | - | | |
| Neddo | Perry | Inst. League Director | pneddo@bolluslynch.com | 508-845-6039 | 774-239-2963 |
| Soldo | Ryan | T-Ball Director | rsoldo23@yahoo.com | | 617-957-4866 |
| Kean | Mike | GSB SR. Commissioner | mkean@alticoadvisors.com | 508-845-4025 | |

| | | | | | |
|------------|----------|--------------------------|--|--------------|--------------|
| Bracken | Mike | GSB Minors Comm. | mikebracken1@gmail.com | 508-842-1603 | 508-523-0734 |
| Novick | Scott | GSB Majors Comm. | snovick@juniper.net | | |
| Calderwood | Mary Pat | GSB Tee & Rook. Comm. | mpcalderwood@townisp.com | 508-845-1667 | 508-579-2868 |
| Maruca | Nick | Field Maint | nick@creativecabinetsllp.com | | 508-735-5100 |
| Sackinsky | Brian | Clinics Director | Brian.Sackinsky@mizunousa.com | | 508-479-1746 |
| David | Bill | Registration-Publicity | wcdavid2000@yahoo.com | 508-845-9521 | |
| Bonnici | Lynne | Fund raising/Safety Dir. | lynne.bonnici@LibertyMutual.com | 508-842-1219 | 508-615-9123 |
| Doucet | Jim | Information- Web Site | jim_Doucet@Waters.com | | 508-294-5657 |
| Salerno | John | Scheduling Director | John_A_Salerno@raytheon.com | 508-842-2594 | 508-423-9394 |
| Pizzeri | Chris | General Board Member | chrispizzeri@townisp.com | 508-842-4633 | 508-683-6055 |
| Collins | Chip | General Board Member | chipc@townisp.com | 508-925-5582 | 508-284-4003 |
| Rioux | Linda | General Board Member | theriouxfamily@townisp.com | 795-0091 | |
| Bonnici | Chris | General Board Member | lynne.bonnici@LibertyMutual.com | 508-842-1219 | 508-615-0600 |
| Dunphy | Chris | General Board Member | cbdunphy@townisp.com | 508-842-4071 | 508-847-8855 |
| Knight | Tim | General Board Member | tim.knight@sun.com | 508-842-2874 | 774-994-1815 |
| Ryan | Bob | General Board Member | ryan@bovelanga.com | | 508-615-6100 |
| Olivieri | Steve | General Board Member | n1tyh73@gmail.com | | |

Standards of Conduct

The Shrewsbury Little League Board of Directors has adopted standards of conduct for all participants in the Shrewsbury Little League. Those standards are spelled out below for players, parents, manager and coaches (including other adult volunteers), Umpires and the Little League Board. It is in the interest of all participants to understand and comply with these standards. Any question about these standards should be raised with members of the Board.

PLAYERS

Rights:

To participate in playing baseball or softball regardless of skill level and at a level that is commensurate with the player's developmental level.

To play as a child and not as an adult and to have fun when playing baseball or softball.

To have qualified adult leadership who clearly communicate what is expected of players.

To have adult leadership who are positive role models, who place the emotional and physical well being of players ahead of any personal desire to win, and who demonstrate fair play and sportsmanship.

To receive proper preparation for playing the game and to learn the skills of playing baseball or softball.

To receive an equal opportunity to strive for success and to learn that winning is not the only measure of success.

To learn to be a member of a team.

To be treated with dignity by all involved.

To participate in a safe and healthy environment.

Responsibilities:

To attend practices and games on time.

To try their very best at all times, win or lose.

To obey adult authorities (manager, coaches, umpires) and to be respectful at all times.

To learn to be a team player, choosing the team's goals over personal goals.

To be a good sport and to abide by the rules.

PARENTS

Rights:

To participate in assisting in a meaningful way with the team.

To have an open path of communication to managers, coaches, and board members and to know what is expected of their child.

To have a responsive and effective process for expressing concerns about the Shrewsbury League program, about team leadership, or about umpiring.

To understand the rules of the game, of each division, and of the league.

To expect support from the Board consistent with the policies and procedures of the league and with local rules.

Responsibilities:

To participate in some concrete way in the management/support of the team and to communicate effectively with managers and coaches about their children's experiences with

baseball.

To support the managers and coaches by ensuring regular and prompt attendance of players at games and practices.

To support the managers, coaches, and other adult volunteers by ensuring that their children are obedient and cooperative at all times.

To treat all volunteers (managers, coaches, umpires, board members) and players with dignity.

To model good sportsmanship.

To urge children to try their best.

MANAGERS/COACHES

Rights:

To expect players to behave in a manner, which will not interfere with the enjoyment of the game of baseball or softball by others.

To expect players to cooperate, to follow their instruction, and to abide by the rules set forth by the manager.

To expect parental support for the team and for their leadership. To expect parents to support them in enforcing the rules of the team.

To expect responsive and timely support from the board consistent with the policies and procedures of the league and with local rules.

To expect players to put forth their best effort when playing and practicing.

To be treated with dignity by players, parents, and other volunteers.

To choose what skills to teach and develop, and what drills to run in practice to bring about that development, and to decide how those skills are best utilized during games.

Responsibilities:

To communicate effectively with players, parents, and other volunteers. To clearly communicate the rules of the team and their philosophy about the way the game should be played by players on the team.

To treat all players equally and fairly and to know, understand, and ensure the rights of players.

To have a clear standard for player conduct and a clear system of discipline, enforced equitably and without anger.

To treat players, parents, and other volunteers with dignity and to pursue positive rather than negative approaches to dealing with all.

To refrain from unsportsmanlike or immature behavior.

To understand that they are role models for the players and to act accordingly.

To understand that they are a coach of youth and that the game is for children and not adults.

To understand that winning is not the ultimate goal of baseball/softball and to act accordingly.

To report to the Board any issues/problems which are not within their authority or ability to resolve.

UMPIRES

Rights:

To expect the support of players, managers, parents, and other volunteers and to expect compliance with rulings.

To expect all volunteers to put forth their best effort during games.

To expect managers and coaches to abide by its policies, standards, and local rules.

To be treated with dignity by players, parents, and other volunteers.

To expect responsive and timely support from the board consistent with the policies and procedures of the league and with local rules.

Responsibilities:

To fairly call the game based on their best judgement of the Rules (both local and nation) as established by the league and enforced equitably and without anger.

To communicate effectively with players, coaches, and other volunteers the rules of the game.

To respond professionally when asked for clarification of rules or their judgment calls.

To treat all players equally and fairly and to know, understand, and ensure the rights of players.

To treat players, parents, and other volunteers with dignity and to pursue positive rather than negative approaches to dealing with all.

To refrain from unsportsmanlike or immature behavior.

To understand that they are role models for the players and to act accordingly.

To understand that they are umpiring a youth game and that the game is for children and not adults.

To report to the Board any issues/problems which are not within their authority or ability to resolve

LITTLE LEAGUE BOARD**Rights:**

To expect the support of players, managers, parents, and other volunteers and to expect compliance with its policies.

To expect all volunteers to put forth their best effort during games, practices, drafts, and other activities.

To expect managers and coaches to abide by its policies, standards, and local rules.

To be treated with dignity by players, parents, and other volunteers.

Responsibilities:

To effectively communicate and enforce a set of clearly defined policies, standards, and local rules.

To be visible, accessible, supportive, impartial, and objective administrators of the game.

To provide as safe and orderly game environment as possible.

To assist in resolving problems involving players, parents, managers, coaches, umpires, or other volunteers.

To hold players, managers, coaches, volunteers, and parents accountable for their conduct in games and practices.

To strive for the best training of managers, coaches, and umpires possible.

Conflict Resolution Process

Occasionally, conflicts do arise among participants in Little League. The board cares very much that conflicts be resolved quickly, objectively, and equitably with the very first consideration being given to the welfare of the children. Therefore, the board has provided the following Conflict Resolution Process. It is designed for, and should be followed by, all adult participants in the league if a conflict arises.

1. Anyone who disapproves of the actions or attitudes of another should bring it to their attention quickly in a courteous and positive manner. When approached promptly and with sensitivity to another's feelings and frame of reference, many problems quickly become non-issues and a higher level of cooperation and understanding is achieved. The adult volunteer should always be approached discreetly and privately, and the dialogue kept on a person-to-person level.

2. Disagreements that cannot be resolved in the above manner should be brought to the attention of the respective Commissioner. Commissioners are agents of the board and are therefore bound to listen to all sides objectively and impartially, to respect each persons privacy in the matter, and to take action that s/he feels most appropriate.

3. Conflicts that cannot be resolved by the Commissioners (or conflicts with the Commissioner) should be brought to the attention of the Little League Board of Directors. **A matter of only the greatest concern should be brought to the board and only after the means above have been exercised in good faith.** The board will, at its discretion, appoint a committee of board members who can remain objective to arbitrate the matter. If a board member is involved in the conflict, s/he shall not be included as an arbiter in the Conflict Resolution Process. When a matter is brought to the board, all decisions of the board or its appointed committee will be binding and the matter will be considered resolved.

4. Any action connected with Little League deemed illegal, immoral, or unethical should be reported to the Board of Directors at once. The board will be called to order on an emergency basis to deal with the problem.

SLL SAFETY CODE

The Board of Directors of Shrewsbury Little League has mandated the following **Safety Code**. All managers and coaches will read this **Safety Code** and then read it to the players on their team.

Managers/Coaches/Umpires are REQUIRED to walk the field and check for hazards before use.

Equipment is to be inspected before all games and practices for condition and proper fit.

Report problems with fields to Nick Maruca at 508-845-0402.

Report problems with equipment to Joe Buduo at 508-845-3616.

-Responsibility for safety procedures belongs to every adult member of Shrewsbury Little League.

-Every player, manager, coach, and umpire shall use proper reasoning and care to prevent injury to him/herself and to others.

-Only league-approved managers and/or coaches will supervise batting cages.

-Arrangement should be made in advance of all games and practices for emergency medical services.

-Managers, designated coaches and umpires will have mandatory training in first aid.

-First-aid kits are issued to each team manager during the pre-season and additional kits will be located at each concession stand or in the equipment boxes.

-No games or practices will be held when weather or field conditions are poor, particularly when lighting is inadequate.

-Play area will be inspected before games and practices for holes, damage, stones, glass and other foreign objects.

-Team equipment should be stored within the team dugout or behind screens, and not within the area defined by the umpires as "in play".

- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of all team members, coaches and managers.
- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills, players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are used by spectators.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Except when a runner is returning to a base, headfirst slides are not permitted.
- During sliding practice, bases should not be strapped down or anchored.
- At no time should "horse play" be permitted on the playing field.
- Parents of players who wear glasses should be encouraged to provide "safety glasses" for their children.
- On-deck batters are permitted in the on-deck cage only.
- Managers will only use the official Little League balls supplied by SLL.
- All male players are encouraged to wear athletic supporters or cups during games. Catchers MUST wear a cup. Managers should encourage that cups be worn at practices too.
- All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.
- All catchers must wear a mask; "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games.
- Shoes with metal spikes or cleats are **not** permitted. Shoes with molded cleats are permissible.
- Players will not wear watches, rings, pins, jewelry or other metallic items during practices or games. (Exception: Jewelry that alerts medical personnel to a specific condition is permissible and this must be taped in place.)
- No food is permitted at any time, in the dugouts.
- Catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.
- Managers will never leave an unattended child at a practice or game.
- No children under the age of 15 are permitted to operate the Concession Stands.
- Never hesitate to report any present or potential safety hazard to the SYS Safety Officer immediately.
- Make arrangements to have a cellular phone available when a game or practice is at a facility that does not have public phones.
- Speed Limit is 5 miles per hour in roadways and parking lots.
- No alcohol or drugs allowed on the premises at any time.
- No medication will be taken at the facility unless administered directly by the child's parent. This includes aspirin and Tylenol.
- No playing in the parking lots at any time.
- No playing on and around lawn equipment, machinery at any time.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of the complex.
- No throwing rocks.
- No climbing fences.

Child Accountability Policy

Consistent with our current league safety procedures, **we are requiring that at no time** should any child be dropped off for practice, game or other league sanctioned activity without a parent or legal guardian in attendance.

Should the situation require that a parent or guardian not be available, it is the responsibility of the parent or guardian to make arrangements ensuring that another adult present at the field accounts for their child, and that information **MUST** be communicated to the Manager or Coach of his/her team.

Accident Reporting Procedure

In case of emergency, dial 911 for police, fire or ambulance.

What to report - Any incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Director of Safety. It is the Manager's responsibility to make the report. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report - All such incidents described above must be reported to the Director of Safety *within 48 hours* of the incident. The Director of Safety for 2010 is Lynne Bonnici and she can be reached at the following:

354 Grafton Street, Home Phone: (508) 842-1219, Email: Lynne.Bonnici@Libertymutual.com

How to make the report - The form should be sent to the Safety Director and is available online at www.shrewsburylittleleague.com. If a claim is to be submitted under SLL's Accident Insurance Policy a Little League Accident Notification Form needs to be completed. These forms must be requested from the safety director.

Concession Stand Guidelines

Shrewsbury Little League operates 3 concession stands: Dean (lower field), Coolidge, and Edgemere. The Concession Director is (TBD) He/She is responsible for all aspects of operation for the stands. The stands are open when there are games at the respective fields and are staffed by parents. The Shrewsbury Board of Health inspects the stands. Specific instructions for using and cleaning equipment and procedures to be followed are posted at each stand.

The following information are guidelines to run a healthful concession stand. Following these will help minimize the risk of food borne illness. This information was provided by District Admin. George Glick, and is excerpted from "Food Safety Hints" by the Fort Wayne-Allen County Department of Health.

1. Menu. Keep your menu simple, and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been

prepared at home. *Complete control over your food, from source to service, is the key to safe, sanitary food service.*

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

3. Reheating. Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. *Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.*

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

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

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

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

8. Dishwashing. Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. *Ideally*, dishes and utensils should be washed in a four-step process: 1. Washing in hot soapy water; 2. Rinsing in clean water; 3. Chemical or heat sanitizing; and 4. Air drying.

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

10. Wiping Cloths. Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and ½ teaspoon of chlorine bleach). Change the solution every two hours. *Well-sanitized work surfaces prevent cross contamination and discourage flies.*

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

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

Lightning Safety

Adapted from *Coach's and Sports Official's Guide to Lightning Safety....A SAFETY GUIDE*

From the U.S. DEPARTMENT OF COMMERCE NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION NATIONAL WEATHER

LIGHTNING KILLS Play It Safe !

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

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

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

Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall. Many deaths from lightning occur ahead of storms because people wait too long before seeking shelter, or after storms because people return outside too soon.

If you hear thunder, you are in danger. Anytime thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.

Lightning leaves many victims with permanent disabilities. While only a small percentage of lightning strike victims die, many survivors must learn to live with very serious, life-long disabilities.

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

Postpone activities if thunderstorms are imminent. Prior to an event, check the latest forecast and, when necessary, postpone activities early to avoid being caught in a dangerous situation. Stormy weather can endanger the lives of participants, staff, and spectators.

Plan ahead. Have a lightning safety plan. Know where people will go for safety, and know how much time it will take for them to get there. Have specific guidelines for suspending the event or activity so that everyone has time to reach safety before the threat becomes significant. Follow the plan without exception.

Keep an eye on the sky. Pay attention to weather clues that may warn of imminent danger. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.

Listen for thunder. If you hear thunder, immediately suspend your event and instruct everyone to get to a safe place. Substantial buildings provide the best protection. Once inside, stay off corded phones, and stay away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection, but avoid touching any metal.

Avoid open areas. Stay away from trees, towers, and utility poles. Lightning tends to strike the taller objects.

Stay away from metal bleachers, backstops, and fences. Lightning can travel long distances through metal.

Do not resume activities until 30 minutes have passed since the last thunder was heard.

As a further safety measure, officials at outdoor events may want to have a tone alert NOAA Weather Radio. The radio will allow you to monitor any short-term forecasts for changing weather conditions, and the tone-alert feature can automatically alert you in case a severe thunderstorm watch or warning is issued. To find your nearest NOAA weather radio transmitter, go to <http://www.nws.noaa.gov/nwr/> and click on “Station Listing and Coverage.”

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

Crouch down on the balls of your feet, put your hands over your ears, and bend your head down. Make yourself as small a target as possible and minimize your contact with the ground.

Do not lie flat on the ground.

What to do if someone is struck by lightning:

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

Call for help. Have someone call 9-1-1 or your local ambulance service. Medical attention is needed as quickly as possible.

Give first aid. Cardiac arrest is the immediate cause of death in lightning fatalities. However, some deaths can be prevented if the victim receives the proper first aid immediately. Check the victim to

see that they are breathing and have a pulse and continue to monitor the victim until help arrives. Begin CPR if necessary.

If possible, move the victim to a safer place. An active thunderstorm is still dangerous. Don't let the rescuers become victims. Lightning CAN strike the same place twice.

STAY INFORMED

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

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

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

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

For additional information on lightning or lightning safety, visit NOAA's lightning safety web site: <http://www.lightningsafety.noaa.gov>

Sexual Misconduct

Shrewsbury Little League's procedure to handle a complaint concerning possible sexual misconduct by a "volunteer" or "paid" position is as follows. The Shrewsbury Little League will turn over all complaints to the Shrewsbury Police Department in the matter of any possible sexual misconduct. All of the league's managers, coaches, paid staff, players and parents will be instructed to inform the league's President in writing of any concerns or possible situations involving sexual misconduct. This information is to remain strictly confidential

Shrewsbury Little League Volunteer Application - 2010

P. O. Box 197, Shrewsbury, MA 01545

**A COPY OF VALID GOVERNMENT ISSUED PHOTO IDENTIFICATION
MUST BE ATTACHED AND USED TO VERIFY INFORMATION BELOW.**

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip _____

Home Phone # _____ Cell Phone # _____

Email Address: _____

Date of Birth: _____ Social Security # _____

Occupation: _____ Work Phone #: _____

Employer: _____

Employer Address: _____

Special professional training, skills, hobbies: _____

Community affiliations (Clubs, Service Organizations etc.): _____

Previous volunteer experience (including baseball/softball and year): _____

Do you have children in the program? Yes No

If yes, at what level? _____

Special Certification (i.e. CPR, Medical, etc.): _____

Do you have a valid driver's license? Yes No

Driver's License # _____ State: _____

Have you ever been convicted of or pled guilty to any crime(s): Yes No

If yes, describe each in full: _____

Have you ever been refused participation in any other youth program? Yes No

If yes, explain: _____

In which of the following would you like to participate? (Check any that apply)

League Official Coach Umpire Field Maintenance

Manager Scorekeeper Concession Stand Other

Please list three references, at least one of which has knowledge of your participation as a volunteer in a youth program:

| Name | Phone |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

As a condition of volunteering, I give permission for the Little League Organization to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the local Little League, Little League Baseball, Incorporated, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, Little League is not obligated to appoint me to a volunteer position. If appointed, I understand that, prior to the expiration of my term; I am subject to suspension by the President and removal by the Board of Directors for violation of Little League policies or principals.

Applicant Signature _____ Date: _____

Applicant Name (PRINTED): _____

NOTE: The local Little League and Little League Baseball, Incorporated will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.

Local League Use Only:

Background check completed by league officer _____

On _____

Systems used for background check (minimum of one must be checked):

Sex Offender Registry Criminal History Records

Only attach to this application copies of background check reports that reveal convictions of this applicant

2010 INJURY REPORT

League Name: _____ League ID: ____ - ____ - ____ Incident Date: _____

Field Name/Location: _____ Incident Time: _____

Injured Person's Name: _____ Date of Birth: _____

Address: _____ Age: _____ Sex: Male Female

City: _____ State _____ ZIP: _____ Home Phone: () _____

Parent's Name (If Player): _____ Work Phone: () _____

Parents' Address (If Different): _____ City: _____

Incident occurred while participating in: circle one

A.) Baseball Softball, Division _____

B.) T-Ball Instr. Farm Minor Major

C.) Tryout Practice Game Tournament Special Event

Other (Describe): _____

Position/Role of person(s) involved in incident: circle one

D.) Batter Base runner Pitcher Catcher First Base Second

Third Short Stop Left Field Center Field Right Field Dugout

Umpire Coach/Mgr. 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: _____

Type of incident and location:

A.) On Primary Playing Field

B.) Adjacent to Playing Field

D.) Off Ball Field

Base Path: Running or Sliding

Seating Area

Travel:

| | | | |
|--|--|--|--|
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