

California District 68

(405-68-00)

2024 Safety Plan





Ladera Ranch American
Ladera Ranch National
North Mission Viejo
San Clemente American
San Clemente National

Little League
California District 68
P. O. Box 3025
Mission Viejo, California 92690

San Juan Capistrano
Santa Margarita American
Santa Margarita National
South Mission Viejo
Trabuco Canyon
Viejo



Welcome to the 2024 Little League season; we hope this will be a safe and memorable season of great baseball for all of us. The staff of District 68 and all its volunteers will continue to put safety first while providing a fun and safe environment. 2024 features some new requirements, the Diamond Leader training is now an annual requirement for all managers and coaches during the regular season. We will have regularly scheduled District meetings where we discuss upcoming events and issues encountered. We will discuss how the leagues solve these issues and how they may be prevented in the future. Many of these issues concern facilities, equipment, safety, communicable illnesses, and new laws concerning background checks and injury awareness. Clinics will be held to instruct our managers and coaches and officials on the fundamentals of baseball and positive coaching techniques along with the Rules and Regulations of Little League to help ensure our young players are taught properly to play the game while keeping a positive and fun environment. Mandatory First Aid Clinics will be held around the district to ensure that our Managers and Coaches will know how to react properly to any given situation in the event of an emergency. A league's Safety Manual and a First Aid Kit will be provided to the managers at these clinics and will be required to be with them at every practice and game.

In summary, we are responsible for the safety of our children.

Dan Bamsey
Safety Officer
California District 68



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Website: District68.com

League/District Number: 405-68-00

LEAGUES IN CALIFORNIA DISTRICT 68

Ladera Ranch American Little League	405-55-159875
Ladera Ranch National Little League	405-55-159875
North Mission Viejo Little League.....	405-55-07
Rancho Mission Viejo Little League.....	Merged with Viejo Little League
Santa Margarita American Little League	405-55-124141
Santa Margarita National Little League	405-55-124141
San Clemente American Little League	405-55-09
San Clemente National Little League	405-55-09
San Juan Capistrano Little League.....	405-55-10
South Mission Viejo Little League.....	405-55-15
Trabuco Canyon Little League.....	405-55-21
Viejo Little League	405-55-03



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REQUIREMENT 1

DISTRICT SAFETY OFFICERS AND LEAGUE SAFETY OFFICERS

District Safety Officer **Dan Bamsey** Phyrmn@aol.com

League Safety Officers within District 68

Ladera Ranch Little League	Steve Brake brakesteve@hotmail.com
North Mission Viejo Little League	David Shank Safety@nmvll.org
Santa Margarita Little League	Nikolas Gabaldon nikolas.gabaldon@smlbaseball.org
San Clemente Little League	Richmond Mills rimillsscll@gmail.com
San Juan Capistrano Little League	Ryan Nigg safetymanager@sjcll.com
South Mission Viejo Little League	Stephenie Gleason stephgleason@gmail.com
Trabuco Canyon Little League	Jason Hamilton jhamilton@atecspine.com
Viejo Little League	Alberto Martinez am805429203@gmail.com



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REQUIREMENT 2

District 68 holds several meetings to train the League Safety Officers. The annual Presidents and Safety Officer Meeting was held on January 17, 2024 (see Attachment I). The District Administrator presented a PowerPoint presentation (available on the Little League Website <https://www.littleleague.org/player-safety/asap/forms/>). An additional review of the 15 elements of safety was handed out to and discussed with each league Safety Officer and was used to structure each league's Safety Plan (Attachment II). Each element of the Safety Plan was discussed and critiqued.

Distribution of the District Safety Plan

A copy of the District Safety Plan will be published on the district website at www.District68.com

A paper copy of the District Safety plan will be put into each Tournament Director's Notebook kept at each District 68 tournament site (Tournament of Champions and All Star Tournament).

An electronic copy of the District Safety plan will be emailed to each of the league safety officers.



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REQUIREMENT 3

2024 District 68 Staff

Position	Name	Email
District Administrator	Ezio Petrella	ezpetrella@gmail.com
Director of Operations	Kevin Moran	kjmacpa@gmail.com
Secretary/Training Coordinator	Raquel Brunner	raquelbrunner@cox.net
Angel Day Coordinator	Ezio Petrella/Michele Cole	
Assistant DA/ Social Media and Public Relations	Michele Cole	michelecoled68@gmail.com
Director Community Outreach	Wendy Creamer	wendycreamerd68@gmail.com
Umpire in Chief	Rick Alleman	picocaptain@yahoo.com
Assistant Umpire in Chief	Scott Goodman	Sgoodman7@yahoo.com
Director of Umpire Development	Jeff DuChateau	jeffduchateau@gmail.com
Safety Officer	Dan Bamsey	phyrmn@aol.com
Little League ADA/Player Agent	Sean Meade	seanmeade33@gmail.com
Senior/Junior League ADA	Dan Moore	danmoore.sml@gmail.com
Challenger ADA	Rod Hurt	rodhurt1@gmail.com
Legal Consultant	Tom Knego	Tknego10@yahoo.com
Webmaster	Dave Rigby	dave@drigby.com



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Emergency Numbers

- | | | |
|----|-------------------------------|--------------|
| 1) | Emergency of any kind | 911 |
| 2) | Mission Hospital | 949-364-1400 |
| 3) | Poison Control | 800-222-1222 |
| 4) | Animal Control | 949-470-3045 |
| 5) | Social Services (Child Abuse) | 714-940-1000 |
| | or | 800-207-4464 |



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2024 Tournament Directors

Name	E-mail	Cell Phone
Ben Parran	benparran@att.net	949-742-4908
Chuck King	Chuck.king@fedEx.com	949-683-3548
Dan Bamsey	phyrmn@aol.com	951-203-9781
Dan Moore	danmoore.sml@gmail.com	714-321-3128
Dave Rigby	dave@drigby.com	949-294-6948
Don Asay	donasay1@icloud.com	949-306-7453
Ezio Petrella	ezpetrella@gmail.com	949-413-3770
Jack Luster	lustersilk@gmail.com	949-229-9496
Jeff DuChateau	jeffduchateau@gmail.com	949-344-0029
Jerry Delmore	jcdelmore@cox.net	949-939-5501
John Heppert	kdsnk9s@gmail.com	949-233-5347
Michele Cole	Colem51770@gmail.com	949-395-8751
Raquel Brunner	raquelbrunner@cox.net	714-357-0872
Rich Wordes	rswordes@wwgc.com	949-422-5782
Rick Alleman	picocaptain@yahoo.com	949-422-4483
Ricky Ford	foreford@cox.net	949-370-3900
Rick Robertson	rickrobertson4@gmail.com	949-374-4221
Rod Hurt	rodhurt1@gmail.com	949-246-4878
Scott Goodman	sgoodman7@yahoo.com	949-292-8894
Scott Hemp	shemp@laderalending.com	949-246-7279
Tom Knego	tknego1@cox.net	714-655-3869
Text Scores to Dan Moore at 714-321-3128		



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REQUIREMENT 4

The District had a meeting with all league Presidents, Player Agents and Safety Officers (December 13, 2023 & January 18, 2024 Att. 1). Presentations were given and the following items were covered:

- a. To comply with California law (AB506) all volunteers are required to undergo a fingerprint based background check. This will be done utilizing the Live Scan technology and processed through the California Department of Justice. Additionally, District 68 will fulfill the nationwide check requirement through the additional FBI criminal check.
- b. To comply with Little League regulations, all volunteers will be required to complete the Little League authorized JD Palatine (JDP) online background check annually. JDP includes the Little League volunteer application and verification through the U.S. Center for SafeSport's Centralized Disciplinary Database and the Little League International Ineligible List. JDP is initiated by the Safety Officer, utilizing the email addresses of each volunteer.
- c. To assist District wide volunteer umpires and the leagues in District 68, those umpires that have been background checked by District 68 will be named on a list. That list will be made available to each league president or their designee for purposes of verifying that the volunteer umpire has been checked and cleared pursuant to California law and Little League regulations.
- d. Retention of the volunteer forms formerly done in hard copy will now be replaced through the utilization of the JDP background process. Copies of the volunteer form will be held electronically within JDP.



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REQUIREMENT 5

PROVIDE FUNDAMENTAL TRAINING

District 68 sponsors district-wide training opportunities for coaches and managers.

- 1) The links to the Little League website leading to the Little League International website containing the Little League University coaching materials.
- 2) The District has purchased the Big AI Coaching materials and made available separate links for coaches, managers and parents who are in District 68.
- 3) A field clinic, free of charge to all persons in District 68 lead by Jerome Williams, a 11 year MLB pitcher. The attendee statistics and information for the Jerome Williams coaching clinic are listed below:

League Name	Total Teams Majors and Below	D-68 Clinic Attendance	% Teams Represented Majors & Below
LADERA RANCH LL	65	11	17
MISSION VIEJO NORTH LL	19	18	95
SAN CLEMENTE LL	60	10	17
SAN JUAN CAPISTRANO LL	34	0	0
SANTA MARGARITA LL	52	10	19
SOUTH MISSION VIEJO LL	25	19	76
TRABUCO CANYON LL	21	4	19
VIEJO LL	30	19	63
Total	306	91	30

(2023 data; to be replaced with 2024 data after completion of clinics, est. 3/15/24)



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2024 District 68 Coaches Clinics

Open to all Managers, Coaches and Parents in District 68

1. Sunday, January 28, 2024 at Upper Gilleran :

- **Jerome Williams and Friends**
 - T-ball, Machine Pitch, Coach-pitch & A
8:00AM to 12:00 Noon
 - AA, AAA & Major
1:00PM to 5:00PM



2. Big AI online training

- Online training material – written and videos
- Membership will be paid by District 68 for all managers, coaches and parents
- <http://www.bigalbaseball.com/index.php/for-leagues>
- Talk to your League Presidents for access



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Training & Development Programs

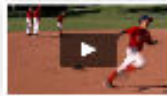


For Coaches

4-8 yrs



9-12 yrs



Coaches, you are the #1 reason why players continue to play this game. This T&D program includes everything you need for the season; the skills and strategy you need to teach, drills and practice plans and great approaches for game day.

[More...](#)



TDC memberships for coaches of 4-8 and 9-12 year old players.

[Select a Program](#)



For Parents & Players

4-8 yrs



9-12 yrs



Parents, we know players accelerate their skill development and develop confidence when they practice and play at home. This T&D program includes instruction on skills, positions, strategy and provides you with lots of drills, games and challenges you can do together at home.

[More...](#)



TDC memberships for parents of 4-8 and 9-12 year old players.

[Select a Program](#)



For Leagues



Leagues, we know T&D for coaches is absolutely critical to the success of your league. Order a League License and give every coach an online membership and they will have the support needed to coach this season. Players will have more fun, parents will thank you, teams will be more successful and more players will return next year.

[More...](#)



TDC memberships for coaches and parents of 4-8 and 9-12 year old players.

[Select a Program](#)



Al Price (Big AL) and his son Scott Price, bring a rich set of experiences and strong backgrounds to their new online training and development programs. They both played baseball at a high level so they understand the game. They are professional educators with years of teaching experience and understand how players learn. They have had the opportunity to present live training sessions to over 300,000 coaches and over 80,000 players and have coached teams at all levels. They have authored curriculum and developed resources used by thousands of leagues and over 1.4 million coaches, managers, players and their parents. The Big AL Baseball program continues to evolve with their passion to help coaches and players in this fantastic game.

I have always been concerned about how young players are being taught the fundamentals of baseball; however after watching Al Price and his son Scott conduct their clinics around the country. I am convinced that the people who attend their clinics are being taught properly, and that makes me feel better about the future of the game.

Sincerely
Joe Morgan - MLB "Hall of Famer"



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2024 District Umpire Schedule/Meetings

Rules Clinics

- February 20th at 6:00PM - 9:00 PM Basic clinic for newer umpires
Norman P Murray Community Center
24932 Veterans Way, Mission Viejo
- February 28st at 6:00 PM - 9:00 PM Basic clinic for newer umpires
Norman P Murray Community Center
24932 Veterans Way, Mission Viejo
- TBD Advanced clinic for the experienced manager, coach or umpire

Field Umpire Mechanics Clinic

- February 4th (Sunday) 8:30am – 12:00 pm Small Diamond Mechanics
Cox Sports Park, Ladera Ranch LL
27623 Crown Valley Parkway, Ladera Ranch
- February 17th (Saturday) 12:00pm – 4:00pm Youth Umpire Clinic
Marty Russo Youth Athletic Park, South Mission LL
22056 Olympiad Road, Mission Viejo
- February 25th (Sunday) 8:30am – 12:00 pm Small Diamond Mechanics
Cox Sports Park, Ladera Ranch LL
27623 Crown Valley Parkway, Ladera Ranch

Blue Crew Meetings

- February 25th 6:00 PM
All Star Pizza
22902 Los Alisos Blvd, Mission Viejo
Host: North Mission Viejo Little League
- March 24th 6:00 PM



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All Star Pizza

22902 Los Alisos Blvd, Mission Viejo

Host: Santa Margarita and Viejo Little Leagues

- April 28th 6:00 PM
TBD in San Juan or San Clemente

REQUIREMENT 6
REQUIRE FIRST-AID TRAINING



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All league Presidents and Safety Officers are instructed that all leagues must provide First Aid training for the Managers and Coaches. Each League is responsible for scheduling its own session and arranging for an appropriate instructor. The District verifies this training by reviewing the Safety Plan.

All District Tournament Directors will attend a training session prior to the beginning of the Tournament of Champions (May 29th). In this meeting, there will be First Aid training and what to do in case of an injury or other possible emergency. There will also be training on filling out and submitting the Accident Reports. All Tournament Umpires will be given the same First Aid training at the pre-tournament umpires meeting set for May 7th.

A concussion is a type of traumatic brain injury usually caused by a bump, blow or jolt to the head, or by sudden deceleration of the head causing movement of the brain within the skull. This is a serious and potentially life-threatening injury that should be evaluated by a trained medical professional.

- I. Signs and symptoms for determining a concussion may include any or all of the following symptoms to a varying degree;
 - Difficulty thinking clearly
 - Feeling slowed down
 - Difficulty concentrating
 - Difficulty remembering new information
 - Headache
 - Nausea or vomiting
 - Balance problems
 - Dizziness
 - Fuzzy or blurred vision
 - Feeling tired
 - Sensitivity to noise or light
 - Irritability
 - Sadness
 - Emotional



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- Nervousness or anxiety
- Abnormal sleep patterns

Any person exhibiting any of these symptoms after an impact incident will be determined as a potential concussion risk.

- a. All District 68 Tournament Directors will be required to provide a certificate of completion for the Center for Disease Control (CDC) online training for concussion awareness to the District 68 Safety Officer before working any tournament games. <http://www.cdc.gov/concussion/HeadsUp/onlinetraining.html>
- II. A player who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A player who has been removed from play may not return to play until the player is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.
 - III. Note 1: The team's manager and assistant coaches need to evaluate players who experience head impacts. This observation extends beyond the first couple of minutes after the impact incident.

The manager needs to comply with the reporting procedures by notifying the Tournament Director and completing an Accident Report noting "possible concussion" on the form.

Note 2: Umpires should also make independent observations of a player who experiences a head impact. If an umpire observes any of the concussion symptoms in a player after a head impact incident, the umpire should inform the manager that the player is to be removed from the game.

The umpire's judgment is final. The umpire must then notify the Tournament Director who will initiate the Accident Report Form.



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- IV. At the conclusion of the game, the Tournament Director will notify the District Administrator or the District Safety Officer that the identified player was removed from the game for concussion-like symptoms (the preferred method is by email so that a record of the notification is created). The District Representative will then send the notification to the league's President to ensure that the team's manager complies with the necessary safety guidelines.

- V. The Manager needs to ensure that the involved player is medically cleared prior to participating in any practice or game. The player's parents will be instructed to seek medical advice to allow the player to continue participation. A letter must be presented to the Tournament Director prior to the next game that the player has been medically cleared to participate. This letter must be from a medical doctor. The player will not be allowed to participate until the letter is presented to the Tournament Director. Any manager who fails to comply with the established guidelines is subject to review by the league's Board of Directors for possible disciplinary action.

District 68 also requires all Staff, Tournament Directors, All Star managers and coaches to complete training in, and submit certification of training in USA Baseball Abuse Recognition , and Eric Paredes Save a Life Foundation - Sudden Cardiac Arrest.

Youth sports volunteers now fall into the mandatory reporter category, the same as teachers, public safety professionals, and doctors. When one of us witnesses, or becomes aware of a suspected child abuse situation, we are required to report it to the proper local authority within 24 hours. California Assembly Bill 506 (AB506) includes language that requires an organization such as ours to have identified, a training program which makes the volunteer aware of the requirements in reporting suspected abuses in a timely manner. AB506 also requires that all events where children are present, two mandatory reporter trained persons must in attendance. Additionally, through AB506, in paying a claim, an insuring agency has the right to inspect the policies and procedures of an organization to verify compliance with AB506 training, policies and reporting suspected abuse.



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To satisfy AB506, we are using the online training offered by USA Baseball through their website at [USABDevelops.com](https://usabdevelops.com). Once an account is established (or logged into) you are directed to the site where the training takes place.

USA Baseball: <https://usabdevelops.com/>

Eric Paredes Save a Life Foundation: [SCA Prevention Training Registration - Eric Paredes Save A Life Foundation \(epsavealife.org\)](https://epsavealife.org)

Full page information sheets for both of these valuable training programs are included as Attachment 6.

The State of California Health and Safety Code was recently amended to require that all youth sports organizations issue to each athlete 17 years of age and younger annually, a letter detailing the information regarding concussion, head injury and sudden cardiac arrest. This letter is to be signed by the athlete's parent(s), and the athlete if at least 7 years of age. This letter is to be retained by the league (District 68 for District chartered teams). A copy of this letter is included as Attachment 7.

COVID-19 and other communicable illnesses

Exiting the COVID pandemic as a society, we are getting back to "normal" life. Our COVID resumption of play guidelines have been rescinded but may be reinstated. COVID should now be treated as any other sickness. Isolate until no longer contagious. An individual's comfort may still have them wearing a face covering, we ask that social distancing be respected, especially if asked.

REQUIREMENT 7

REQUIRE COACHES/MANAGERS TO WALK THE FIELD



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All fields used for District 68 Junior/Senior games, Tournament of Champions and All Star games are administered and maintained by individual leagues. At the tournament managers' meetings (Attachment 1), the managers are instructed on their responsibility to walk the field to be sure they are safe to play on. Both team managers are responsible for inspection for each game.

All Tournament Umpires will also attend a meeting to discuss tournament rules and tournament protocols (Attachment 1; May 19). In this meeting, the umpires are told that prior to every game they are responsible for walking the field to determine if the fields are safe to play on.

So, under the direction of the Tournament Director, each field will be inspected by seven sets of eyes prior to every tournament game (most of our tournament games are covered by four umpires).

A checklist and training will be provided to all Tournament Directors at the Tournament Director Meeting (Attachment 1; May 19). An example is included in this Safety Plan (Attachments 3-5).

REQUIREMENT 8

COMPLETE THE 2024 ANNUAL LITTLE LEAGUE FACILITY SURVEY

All fields used by District 68 for the Junior/Senior games, Tournament of Champions, and All Star games are maintained and administered by a league within the district. Each League completes the Annual Survey and publishes it in their Safety Plan. The District reviews each Safety Plan and retains copies for future reference.

REQUIREMENT 9



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WRITTEN SAFETY PROCEDURES FOR CONCESSION STANDS

Concession stands in all fields used by District 68 for Junior/Senior games, Tournament of Champions and All Star games are maintained and administered by a league within the district. During the District use of these fields, the concession stand is staffed by league volunteers. Each of these leagues has Safety Procedures for their concession stand in their respective Safety Plan. In the review of each of the leagues' Safety Plans, the Safety Officers are reminded to be sure to include each league-specific issue; depending on the equipment that their concession stands have.

REQUIREMENT 10

REQUIRE REGULAR INSPECTION AND REPLACEMENT OF EQUIPMENT

During regular season, each league is required to inspect its own equipment as outlined in its Safety Plan. During the many District Umpire Clinics (Attachment VI), every umpire is instructed on how to inspect helmets, bats and catcher's equipment. Umpires were told that they are required to inspect the equipment prior to every game.

During the Junior/Senior games, Tournament of Champions and All Star games, equipment is initially inspected by the managers. During the Manager meetings, the managers are told what we will be looking for during the tournaments. Prior to each tournament game, the Tournament Director will go onto the field and inspect all of the equipment. Managers or coaches will put the equipment in front of their dugouts, the Tournament Director will inspect the equipment; and if it all passes; they will instruct the managers and coaches that they can now put the equipment back into the dugouts. All equipment not passing the inspection will be physically removed from the field of play and either thrown away or stored at the Tournament Director's table until the end of the game.

REQUIREMENT 11



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IMPLEMENT PROMPT ACCIDENT REPORTING AND TRACKING PROCEDURES

All league safety officers are trained in using accident reports at the Safety Officers meeting presentation (Attachment 1, January 17). They are encouraged to require an accident report of all accidents, no matter how insignificant the manager thinks the incident is. Each league develops its own form. Typically, accident forms are required to be completed within 24 hours of the incident, and copies are required to be sent to the District within 48 hours of reporting to the League Safety Officer.

During the District 68 Junior/Senior games, Tournament of Champions and All Star Tournament; a Tournament Director's book will be at each site. Each book contains blank Safety/Injury Reports. Training for the Tournament Directors will be given during the Tournament Directors' training (TBD). All Reports are to be filled out at the time of the incident and reported at the time the Tournament Director reports his scores. A copy of the report is kept in the Tournament Director's book, and the Tournament Director for the next game played by the injured player's team will be informed. If the player was either removed from the game because of an injury or taken to the hospital/doctor; a signed note from his doctor will be required before the player will be allowed to participate again in the tournament.

REQUIREMENT 12

REQUIRED FIRST AID KIT AT EACH GAME

Each league will provide each of its Managers a First Aid kit to be used during Regular Season play. All Managers participating in any of the District-sponsored tournaments will be expected to bring their First Aid kits. A site First Aid kit will be kept at the Concession Stand. We will instruct all Leagues that are hosting a tournament what should be the makeup of the site kits. This will be discussed at the Presidents and Tournament Requirement Meeting on May 15th (Attachment 1).



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Emergency Procedures

General

In the event of any threatening condition that may occur during any team practice, event, or game, the manager of the team shall be the guardian of all players in their charge and shall have the necessary medical releases to act on the players' behalf. Such duty shall not be relinquished to anyone other than that player's own parent or legal guardian.

Earthquake

The baseball field is most likely a very safe location during an earthquake. Those responsible for players shall maintain supervision of and provide for the players' safety at all times. During the shaking, have all players inside a structure "duck, cover, and hold on". If outside, be aware of light standards or trees that may topple. When the shaking stops, ensure that all players are accounted for and direct them to a safe area away from any structure or object that may be unstable or present a hazard. Provide for any first aid that may be required and call 911 for any situation that is beyond basic first aid. Maintain a calm demeanor for the players. They will be looking to the responsible adult for calm direction and assurance. Release the players only to their proper guardian. A manager shall make every effort to maintain possession of the players' medical authorizations in the event that manager has to act on the player's' behalf.

Lightning

Little League's official policy on lightning safety is located in Appendix A of the 2024 rulebook.

Following are some of the highlights for lightning safety:

In the case of threatening weather, one person should be designated as the "Lightning Monitor". This person shall not be a manager, coach or umpire. This person should probably be the "board member on duty" or tournament director. The Lightning Monitor



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should have access to some sort of electronic device, either a lightning detector or an application on some sort of internet connected device.

Should lightning be detected six to ten miles away, play shall be halted and not resumed until lightning has not been detected within a six to ten mile distance for a period of 30 minutes.

During this stoppage of play, all players and spectators should be sheltered inside a building or vehicle. They should not be in a dugout that is comprised a chain link fencing. Shelter should not be sought under a tree or near any other tall object. Nor should persons be out in the open where they are “the tallest point”. Inside a building or vehicle is the safest place to wait out a delay caused by lightning.

Active Shooter or Civil Disturbance

As District 68’s events occur on various fields and sites, it is impossible to make specific procedures to safeguard the safety of the players and others specific to any all events.

In the event of an active shooter or other disturbance, the manager has the responsibility to provide for the safety of the players under their direction. Attempt to maintain team unity if at all possible. Direct players in one direction away from the shooter/perpetrator/hazard. Use the **Run, Hide, Fight** methodology. First, run away. If running is not possible, hide, shielding yourself and others in your charge from view of the presented danger. Lastly is to fight the aggressor(s).

Call, or ensure that 911 is called to report the disturbance. Provide first aid to those that require assistance. Maintain supervision and control of the players until their transfer to a proper guardian. Remember that the players will be looking to the adult in charge to remain calm and provide clear direction and assurance. Again, make every effort to maintain possession of the medical releases for all players so that the manager may act in the players’ behalf should the need arise.

REQUIREMENT 13



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ENFORCE LITTLE LEAGUE RULES INCLUDING PROPER EQUIPMENT

District 68 conducts several Rules Clinics prior to the season beginning (Attachment VI). Each league will host the clinic and the UIC of the District and his assistant will instruct in the clinic. The Rules Clinics are attended by Umpires, Managers and Coaches, and parents. Most leagues in District 68 require as a minimum that every Manager in the League is required to attend. Some leagues require the Coaches to attend also. The curriculum is very similar to the one used at the Western Regional Weekend Rules Clinic but condensed down to a 2-3 hour presentation. Included in the curriculum are rules and proper equipment (catcher's equipment, gloves and bats).

REQUIREMENT 14

Requirement 14 is the online filing of the A Safety Awareness Plan, (ASAP)

ATTACHMENT 1

2024 Season Meetings and Important Dates



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Date	Day	Time	Name of Meeting
September 13	Wednesday	7:00 PM	New Presidents Meeting/Orientation
September 20	Wednesday	7:00 PM	President and Other League B of D
October 18	Wednesday	7:00 PM	President, Player Agents, and Jr Coord
November 8	Wednesday	7:00 PM	President and League UIC
December 13	Wednesday	7:00 PM	President, Player Agent and Angel Day
January 17	Wednesday	7:00 PM	President and Safety Officers
January 18	Thursday	7:00 PM	Junior Meeting/Senior Meeting (Mandatory for all leagues)
January 27	Saturday	<ul style="list-style-type: none"> • 9:00 AM-12:00 Noon: T-Ball - Single A • 1:00 PM-5:00 PM: AA - Major 	Coaches Field Clinic w/Jerome Williams
February 4	Sunday	12:00 PM	Umpire Mechanics Clinic
February 21	Wednesday	7:00 PM	President and TBD
February 25	Sunday	12:00 PM	Umpire Mechanics Clinic
February 17	Saturday	9:00 AM	Youth Umpire Mechanics Clinic
February 25	Sunday	6:00 PM	Umpire Blue Crew Meeting
March 20	Wednesday	7:00 PM	President and Chief Umpires
March 24	Sunday	6:00 PM	Umpire Blue Crew Meeting
April 17	Wednesday	7:00 PM	President and Fall Ball Coordinators
April 28	Sunday	6:00 PM	Umpire Blue Crew Meeting
May 19	Sunday	6:00 PM	Tournament Umpire Training & BBQ
May 15	Wednesday	7:00 PM	President and Tourn. Requirements (TOC and All-star Requirements)
May 19	Sunday	1:00 PM	T-Mobile Homerun Derby
May 29	Wednesday	6:00 PM	TOC Managers-Minors, Majors & Jrs
June 1	Saturday	TBA	Begin the TOC
June 12	Wednesday	6:00 PM	8/9-Year-Old Managers Meeting (Tournament seeding draw)
June 13	Thursday	5:00-10:00 PM (by appointment)	All Star Affidavit Approvals
June 15	Saturday	TBD	Begin 8/9-Year-Old All Star
June 19	Wednesday	6:00 PM	All Star Manager Meeting (Tournament seeding draw)
June 22	Saturday	TBA	All Stars Begin (9/10, 10/11, LL, Jr.)

ATTACHMENT 2



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2024 Tournament Hosts and Dates

Level	Age Group	Host	Date
District TOC	Minor	TBD	June 1 – June 9
	Major	TBD	June 1 – June 9
	Intermediate	TBD	June 1 – June 9
	Junior Central	TBD	June 1 – June 9
	Junior Select	TBD	TBD
OC TOC	Junior National	District 30 (Orange, Field TBD)	TBD
District All-Star	9	TBD	June 15 – July 1
	9/10	TBD	June 22 – July 8
	10/11	TBD	June 22 – July 8
	Little League	TBD	June 22 – July 8
	Intermediate	TBD	June 15 – June 22
	Junior	TBD	June 15 – June 23
Section 10	9	District 62 (Fountain Valley)	July 11 – July 17
	9/10	District 62 (Fountain Valley)	July 11 – July 17
	10/11	District 68	July 11 – July 17
	Little League	District 55	July 11 – July 17
	Intermediate	District 55	June 28 – July 2
	Junior	District 46 (Anaheim/Garden Grove)	June 28 – July 4
	Senior	District 46 (Anaheim/Garden Grove)	June 28 – July 2
Southern California State	9/10	District 58 (Yucaipa)	July 19 – July 28
	10/11	District 20 (Claremont/La Vern)	July 19 – July 28
	Little League	District 72 (Norco)	July 19 – July 28
	50/70 Intermediate	District 17 (Arcadia/Pasadena)	July 4 – July 13
	Junior	District 24 (Riverside)	July 8 – July 15
	Senior	District 72 (Norco)	July 4 – July 13
Western Region	Little League	San Bernardino, California	August 2 – August 8
	50/70 Intermediate	Nogales, Arizona	July 18 – July 25
	Junior	Bend, Oregon	July 20 – July 27
	Senior	Oakland, California	July 18 – July 23
World Series	Little League	Williamsport, Pennsylvania	August 14 – August 25
	50/70 Intermediate	Livermore, California	July 28 – August 4
	Junior	Taylor, Michigan	August 4 – August 11
	Senior	Easley, South Carolina	July 27 – August 3



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Pre-game Field Safety Checklist

Date: _____ Time: _____
 Home Team: _____ League: _____
 Visitor Team: _____ Field Location: _____
 Division: _____

Field Condition:	Repairs Needed		Dugouts:	Repairs Needed	
	Yes	No		Yes	No
Wet or Muddy	<input type="checkbox"/>	<input type="checkbox"/>	Fences Need Repair	<input type="checkbox"/>	<input type="checkbox"/>
Backstop Repairs	<input type="checkbox"/>	<input type="checkbox"/>	Bench Need Repair	<input type="checkbox"/>	<input type="checkbox"/>
Bases	<input type="checkbox"/>	<input type="checkbox"/>	Bat Rack	<input type="checkbox"/>	<input type="checkbox"/>
Pitchers Mound	<input type="checkbox"/>	<input type="checkbox"/>	Helmet Rack	<input type="checkbox"/>	<input type="checkbox"/>
Holes in the Field	<input type="checkbox"/>	<input type="checkbox"/>	Clean-up Needed	<input type="checkbox"/>	<input type="checkbox"/>
Sprinklers Exposed	<input type="checkbox"/>	<input type="checkbox"/>	Shade Provided	<input type="checkbox"/>	<input type="checkbox"/>
Fences Need Repair	<input type="checkbox"/>	<input type="checkbox"/>	Seating Area Protected	<input type="checkbox"/>	<input type="checkbox"/>
Home Plate	<input type="checkbox"/>	<input type="checkbox"/>	Spectator Areas:		
Foul Lines Marked	<input type="checkbox"/>	<input type="checkbox"/>	Bleachers	<input type="checkbox"/>	<input type="checkbox"/>
Batter's Box Holes	<input type="checkbox"/>	<input type="checkbox"/>	Handrails	<input type="checkbox"/>	<input type="checkbox"/>
Catcher's Box Holes	<input type="checkbox"/>	<input type="checkbox"/>	Protective Fence	<input type="checkbox"/>	<input type="checkbox"/>
Umpire Area Holes	<input type="checkbox"/>	<input type="checkbox"/>	Area Clean	<input type="checkbox"/>	<input type="checkbox"/>
Field Ready to Play	<input type="checkbox"/>	<input type="checkbox"/>			

Comments: _____



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PRE-GAME EQUIPMENT SAFETY CHECKLIST

All equipment needing repair must be physically removed from the game.

Checked

BATTING HELMETS

- Cracks in Bill
- Cracks on Earpiece
- Other Cracks
- Non-Factory Stickers
- Non-Factory paint
- All Pads Present

CATCHER'S HELMETS

- Cracks on Helmet
- Non-Factory Stickers
- Non-Factory paint
- All Pads Present
- Mask Securely fastened
- Throat Protector Present

Checked

BATS

- Approved Composite Bat
- Diameter of Bat
- Length of Bat
- Both Caps Present
- Handle Grip Present
- Handle in Good Condition
- Any Cracks Present
- Any Dents Present
- Junior/ Senior: -3

ATTACHMENT 5



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DISTRICT 68 SAFETY/INJURY REPORT

Date: _____		Time: _____		Injured Player's League: _____	
Name of Injured Player: _____					
Injured Player Phone Number: _____					
Tournament:	TOC:	<input type="checkbox"/> Minor TOC	<input type="checkbox"/> Major TOC	<input type="checkbox"/> Junior TOC	
	All Star:	<input type="checkbox"/> 9/10 AS	<input type="checkbox"/> 11 AS	<input type="checkbox"/> Major AS	
		<input type="checkbox"/> Junior AS	<input type="checkbox"/> Senior AS		
Level:	<input type="checkbox"/> District	<input type="checkbox"/> Sections	<input type="checkbox"/> State		
Action Taken:	<input type="checkbox"/> First Aid at Field	<input type="checkbox"/> Doctor at Field	<input type="checkbox"/> Paramedics		
Type of Injury/incident: _____					
Brief Description of incident: _____					
Tournament Directors Name: _____					
Tournament Director Phone #: _____					

**This Form Must be Completed for all Injuries, no matter the severity
 Complete the Form and keep it in the Tournament Director Notebook
 Report any injury when reporting your score**

ATTACHMENT 6



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HEADS UP to Youth Sports

To help ensure the health and safety of young athletes, CDC developed the HEADS-UP Concussion in Youth Sports initiative to offer information about concussions to coaches, parents, and athletes involved in youth sports. The HEADS-UP initiative provides important information on preventing, recognizing, and responding to a concussion.

Free Concussion Training Course



Get prepared for the new season.

HEADS UP Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion.

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

Sudden Cardiac Arrest



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- **AB379 Concussion and Sudden Cardiac Arrest Prevention Protocol (2020)**
 This law extends the protocol introduced in AB1639 to community youth sports programs, with the addition that sports officials (referees, umpires, etc.) and administrators also take mandatory Sudden Cardiac Arrest prevention training. This law applies to an organization, business, non-profit entity, school or local governmental agency that sponsors or conducts amateur sports competitions, training, camps or clubs for those under 18.
- Training: Eric Paredes Save A Life Foundation

[SCA Prevention Training Registration - Eric Paredes Save A Life Foundation \(epsavealife.org\)](https://epsavealife.org)

The screenshot shows the website header with the logo and navigation menu: About, Programs, Get Screened, Volunteer, Get Educated, Resources, SCA Law, Donate, 5K, Contact. The main content area features the heading "Register to Take the Training" followed by a paragraph explaining that California law mandates Sudden Cardiac Arrest Prevention training for school and community youth sports coaches, officials and administrators. Below this is a list of benefits:

- take just 20 minutes
- provide you with a downloadable certificate you can use as proof of compliance
- allow you to log back in to return to the training as often as needed (so register now!)
- help prepare you to protect your young hearts from the #1 killer of young athletes

 To the right is a promotional image for "Sudden Cardiac Arrest Prevention Training" featuring a stadium with a scoreboard that says "KEEP THEIR HEART IN THE GAME" and a red banner at the bottom that reads "FOR COACHES, SPORTS OFFICIALS AND ADMINISTRATORS".

- Set up an account on the bottom of the page (free of any charge)
- Take the Course
 - Pre-quiz
 - Video
 - Post Quiz
 - Print the Certificate



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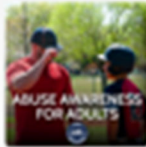
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Abuse Awareness Training

- Little League is using USA Baseballs training and certification
 - <https://usabmobilecoach.com/>
 - Log in or Create an account
 - Organization: Little League California District 68
 - Select: Courses
 - Select: View Courses
 - Select:

Abuse Awareness for Adults



Creating a Safe and Abuse Free Environment for Athletes

Hosted by former Major Leaguer and current Chicago Cubs Manager, David Ross, the Abuse Awareness for Adults course provides resources to create a positive and safe environment for all athletes, coaches, parents, umpires, and spectators by understanding how to recognize misconduct and abuse of all types. Topics covered include how to identify and report incidents and what abuse awareness policies should be in... [Details](#)

- Start Course
- Course takes about 1 hour
 - Take a Quiz
 - Receive your Certificate

OR

- California Department of Social Services
 - <https://www.mandatedreporterca.com/training/volunteers>
 - 2 hour training with certificate



- Training for Volunteers



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ATTACHMENT 7

CONCUSSION AND SUDDEN CARDIAC ARREST AWARENESS INFORMATION SHEET

Why am I getting this information sheet?

You are receiving this information sheet about Concussions and Sudden Cardiac Arrest because of California state law Assembly Bill 379, Division 106, Article 2.5. Protocols [124235-124236].

The law requires a youth-athlete who may have a concussion or signs of cardiac arrest during a practice or game to be removed from the activity for the remainder of the day.

1. Any athlete removed for these reasons must receive a written note from a physician before returning to practice or games. This note must be issued by a medical doctor.
2. Before a player can start the season and begin practice, a concussion and sudden cardiac arrest information sheet must be reviewed and signed by the player and his/her parent or guardian to acknowledge our District's policies regarding concussions and sudden cardiac arrest.

Every two years, all managers and coaches are required to receive training concerning concussions (AB 1451) and sudden cardiac arrest (AB 1639) and how to handle situations where a player may exhibit signs of concussion or cardiac arrest.

CONCUSSION AWARENESS

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with such force that shakes the head. Concussions can appear in any sport and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the correct way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice symptoms and signs, seek medical evaluation from a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.



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Signs of potential concussions to player include:

- looks dizzy
- looks spaced out
- confused about plays
- is unsure of game, score, or opponent
- moves clumsily or awkwardly
- answers questions slowly
- has slurred speech
- change in personality or way of acting
- can't recall events before/after injury
- seizures or "has a fit"
- has change in behavior or personality
- passes out

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Has trouble standing or walking
- Blurred, double, or fuzzy vision
- Bothered by light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Loss of memory
- "Don't feel right"
- Tired or low energy
- Sadness
- Nervousness or feeling on edge
- Irritability
- More emotional
- Confused
- Concentration or memory problems
- Repeating the same question/comment

What can happen if my child keeps playing with concussion symptoms or returns to play too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same-day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal," the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

Removal from Activity

A player who exhibits any of the above symptoms must and will be removed from play immediately. A player removed may not return to play until they are evaluated and cleared by a physician, nurse practitioner or physician's assistant. Return to play will require a signed note from the physician, nurse practitioner or physician's assistant.



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How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression is a gradual, stepwise increase in physical effort, sports-specific activities, and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a stepwise progression program monitored by the manager, coach, or other league/District official.

SUDDEN CARDIAC ARREST (SCA)

What is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of youth athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms hoping the signs will go away.

Possible Warning Signs and Risk Factors

- Fainting or seizure, during or right after exercise
- Excessive, unexpected fatigue during or after exercise
- Fainting repeatedly or with excitement or startle
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Repeated dizziness or lightheadedness
- Racing or fluttering heart palpitations or irregular heartbeat

Removal from Activity

A player who faints during an activity or following participation in an athletic activity must be removed from play immediately. A player will be removed from activities if any of the symptoms in the table above are observed. A player removed may not return to play until they are evaluated and cleared by a physician, nurse practitioner or physician's assistant. Return to play will require a signed note from the physician, nurse practitioner or physician's assistant.



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Final Thoughts for Parents and Guardians

It is well known that youth athletes will often not talk about signs of injury, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if they experience any of the above symptoms, or if they suspect that a teammate has.

ACKNOWLEDGMENT

We acknowledge receiving the Concussion and Sudden Cardiac Arrest Awareness Information Sheet. We have reviewed and understand the symptoms, warning signs, and risk factors associated with Concussions and Sudden Cardiac Arrest. We understand the actions of the District if a player is removed from participation due to suspicion of a concussion or a potential sudden cardiac arrest event.

_____ Date: _____
 Player's Signature

Print Player's Name Legibly

_____ Date: _____
 Parent's/Guardian's Signature

Print Parent's/Guardian's Name Legibly

Note: The information provided herein is informational only and is not an attempt to practice medicine or provide specific medical advice, and it should not be used to make a diagnosis or replace or overrule a qualified healthcare provider's judgment. Always consult with a qualified healthcare provider. Users should not rely on this information for emergency medical treatment. The information is not intended to be a substitute for professional medical advice or treatment.

References:

- California Interscholastic Federation, Sports Medicine, Concussion Information Sheet 2/2019 (https://cifstate.org/sports-medicine/concussions/CIF_Concussion_Info_Sheet.pdf)
- Centers for Disease Control and Prevention (CDC), HEADS UP to Youth Sports: Online Training (<https://www.cdc.gov/headsup/youthsports/training/index.html>)
- Eric Paredes Save A Life Foundation (<https://epsavealife.org/>)