

**Palo Alto National Little League
Palo Alto American Little League**



2007 Safety Plan

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INTRODUCTION


Palo Alto Little League's priority is Safety First! The entire Little League community must work together to ensure that games, practices, and other events remain safe - and therefore fun - for all Palo Alto Little League players. This Plan explains the necessary contributions from all participants - League officials, managers and coaches, parents, and players - and also provides all of Palo Alto Little League's safety rules and other information.

This Plan and all the forms and information referred to herein are also available on the Palo Alto Little League website, at <http://www.pabaseball.org/info/safety>. In addition, you may obtain a hard copy of this manual by making a request to Palo Alto Little League's Safety Officer, Vanessa Wells, at safety@pabaseball.org or telephone (650) 324-7069. The Plan will be distributed to managers and coaches by e-mail.

We value your contributions. Please report any conditions you observe that appear unsafe, or provide any suggestions for enhancing safety, to the Palo Alto Little League Safety Officer.

EMERGENCY INFORMATION

 In the event of a true emergency, always call 911.

 PALL has selected Stanford Hospital ER as the default emergency treatment facility. Absent other direction, injured or ill players or other participants appearing to require emergency treatment will be transported to Stanford Hospital ER. Stanford Hospital ER is located at:

300 Pasteur Drive
Stanford, CA 94305
Telephone: (650) 723-5111

A map may be viewed at
<http://www.stanfordhospital.com/directions/emergencyRoom/default>
A map and directions to Stanford Hospital ER will be posted at Middlefield Ballpark.

 Palo Alto Police Department: (650) 329-2413

 Palo Alto Fire Department: (650) 329-2184

 Palo Alto Little League Emergency Contacts:

Vanessa Wells (Safety Officer)	(650) 324-7069 (650) 868-9133 (cell)
Matt Passell (President)	(650) 852-0388 (650) 245-2070 (cell)
Craig Seidel (Vice-President)	(650) 224-0054

This page will be separately posted on the Palo Alto Little League website and at Middlefield Ballpark. Due to facilities limitations, PALL cannot post at other facilities, but a manager, coach, or other designated person for each team will maintain this information at every game, practice, or other Little League event.

EMERGENCY PROCEDURES

Every player must have on file with the team a completed and signed "Consent to Treat/Release" form, provided by Palo Alto Little League. A copy of the form is attached to this Plan, and is available from the website. In addition, parents/guardians of players with special conditions or needs must ensure that the team's manager/coaches are aware of any such conditions or needs. PALL provides a separate form permitting you to describe any conditions or needs of which the manager/coaches for your child's team should be aware.

A manager/coach from each team, or a designated team representative, must maintain a copy of a completed and signed form for each player on the team. The forms must be available at each practice, game, and scheduled Little League event in which the team is participating, in the event that there is an emergency requiring use.

In the event of a player injury or illness that appears to be an emergency, the game or practice shall be suspended until the crisis is resolved. If the player's parent/guardian is present, all PALL officials will aid in providing emergency support, according to the parent/guardian's direction. The manager/coach, or the umpire, is authorized by PALL to call 911 and request emergency services if the manager/coach or umpire believes it is necessary in the best interests of the player(s).

If the player's parent/guardian, or a person designated as an emergency contact, is not present, the manager/coach will address emergencies according to the protocol stated herein. PALL will at all times attempt to address emergencies as directed by a parent/guardian. Given that there are over 1000 children in PALL, however, and given that structure and certainty are critical to resolving an emergency situation, there must be

a certain protocol in the absence of an on-site parent, guardian, or other designated emergency contact.

First, the manager, coach or team representative will attempt to reach the emergency contact designated in the Consent to Treat/Release form. To the extent reasonable, the manager, coach or team representative will follow the designated emergency contact's instructions in obtaining emergency care.

Second, if the manager, coach or team representative is not able to reach a designated contact, or in the absence of reasonable instructions, the manager/coach shall take such steps as appear necessary in the best interests of the player(s). The manager/coach is authorized by Palo Alto Little League to make conservative decisions tending to minimize risk to players, such as calling "911", summoning ambulance/EMT support, and calling for ambulance transportation to Stanford Hospital ER.

PALL recognizes that not all families would select Stanford Hospital ER. This ER, however, is the closest facility providing all emergency services, and is a world-renowned institution. Given the very small percentage of instances in which PALL may not be able to reach a parent, guardian, or designated emergency contact, given the need for certainty and avoidance of confusingly complex rules in an emergency situation, and given the overwhelming imperative to protect and provide the best care for injured PALL children, PALL has designated Stanford Hospital ER as the single ER treatment facility in the absence of a different direction from an authorized, available person.

Third, in the event that it becomes necessary to transport an injured or ill player to Stanford Hospital ER, a manager, coach, or designated team representative will remain with the player until the arrival of the player's

parent/guardian, or a designated emergency contact. If treatment concludes before arrival of the player's parent/guardian or designated emergency contact, the manager, coach or team representative will remain with the player, but may leave the ER as appropriate in the discretion of the manager, coach or team representative.

At least one manager or coach per team is required to attend a PALL First Aid instruction session. The manager or coach so attending will be able to provide the benefit of the emergency instruction he or she has received.

Due to facilities limitations, PALL cannot provide a landline telephone at ballpark facilities. Consequently, it is the responsibility of the team manager/coaches to ensure that at least one manager/coach is equipped with a working cell phone at every practice, game, or other PALL event. Cellular service is available at all facilities used by PALL.

Each team will be provided a First Aid kit. It is the responsibility of the team manager/coaches to ensure that the First Aid kit is replenished, and present at every practice, game, or other PALL event.

SAFETY CODE FOR PALO ALTO LITTLE LEAGUE (PALL)

- The Safety Officer has responsibility for safety procedures of PALL.
- Little League rules must be followed and will be enforced at all times.
- Arrangements should be made in advance of all games and practices for emergency medical services. A manager, coach or designated adult representative from each team attending each practice/game should have in his or her possession a completed and signed "Consent to Treat/Release" form for each player, and a "Special Medical Conditions/Needs" form if one has been supplied by the player's parent/guardian.
- Managers, coaches and umpires should have some training in first-aid. Each team's manager/coach staff must, as a group, meet the first-aid and fundamentals training requirements set forth in this Manual.
- Every team shall be provided with a First-Aid Kit, which should be available at all practices and games.
- No games or practices should be held when weather or field conditions are not good, particularly when the field is wet and slippery or lighting is inadequate.
- Play areas should be inspected frequently for dangerous conditions including holes, damage, glass and other foreign objects. This is the responsibility of managers/coaches, or a designated team representative.
- Dugouts and bat racks should be positioned behind screens.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions. (No bat boys/girls)
- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player assigned for this purpose.
- Procedures should be established for retrieving foul balls batted out of the playing area.
- Regulations prohibit on-deck batters in the younger age levels (below Juniors). This means no player should handle a bat, even while in an enclosure, until it is his/her time at bat.

- During practice and games, all players should be alert and watching the batter on each pitch.
- During practices and games, no person other than the umpire may stand or pass behind a catcher in an unscreened area unless the pitcher clearly signals awareness and an intent not to throw the ball until the person has cleared the area. This rule does not apply when the ball is being hit off the Tee and proximity to the batter is necessary for instructional purposes.
- At all times including during warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- At no time should "horse play" be permitted on the playing field.
- No "hazing" behavior will be tolerated. Managers and coaches are responsible for enforcing this rule. Any player or parent who believes any such behavior is occurring should report it to a manager or coach.
- Equipment should be inspected regularly. Make sure it fits properly.
- PALL has adopted a rule requiring that non-wood bats bear a legend stating that the "Bat Performance Factor" or "BPF" be 1.15 or lower. The purpose of this rule is to protect from the possibility that there is a heightened risk associated with some metal bats. There does not appear to be a consensus among experts on this topic, or a reliable source for bat safety information. PALL has adopted the Little League International rule projected to be effective as of January 1, 2009, in the absence of better information. In addition, PALL has prohibited the use of the Anderson and Combat bats in PALL games. The rule appears in its entirety in the PALL Local Rule Book, Section Three, Official Playing Rules, Addendum and Supplementary Playing Rules, Rule 1.10[A].
- Reduced impact "softy" balls must be used for the Tee Ball and Coach Pitch levels.
- Batters must wear approved protective helmets during practice, and during games.
- Catchers must wear catcher's helmet, mask, throat protector, long model chest protector and shin-guards. Male catchers must wear a protective supporter at all times.

- Catchers must wear catcher's helmet and mask with a throat protector in warming up pitchers. This applies between innings and in bullpen practice. Managers and coaches are not allowed to catch pitchers; this includes in the bullpen or standing at the backstop during practice as informal catcher for batting practice.
- All players and managers/coaches using the Middlefield batting cages must follow the posted Batting Cage Safety Rules, a copy of which is included as an attachment to this Plan.
- Parents of players who wear glasses should be encouraged to provide "Safety Glasses."
- Players must not wear watches, rings, pins, jewelry or other metallic items.
- Except when a runner is returning to a base, head first slides are not permitted. (12 years old and under.)
- During sliding practice bases should not be strapped down and should be located away from the base anchoring system.
- Parents or other spectators accompanied by small children must maintain observation and control over children at all times. Children are not permitted to play in the parking lot at Middlefield Ballpark, except when the parking lot is cordoned off and not in use as a parking lot.

SAFETY PLAN JURISDICTION

Palo Alto Little League (PALL) includes two chartered leagues, Palo Alto American Little League and Palo Alto National Little League, governed by a single board. Given the close cooperation of these two leagues, including the sharing of fields, this single safety plan covers both leagues.

This safety plan provides the guidelines and instructions for the safe operations of the leagues. It will be made available to all managers, coaches, board members and others involved in League activities via the PALL web site at <http://www.pabaseball.org/info/safety.php>. It will also be summarized at all managers and parents meetings.

We expect all League volunteers, players and parents to abide by the plan and make safety a high priority in all League activities.

The PALL Safety Plan includes the thirteen minimum requirements identified by Little League International's ASAP program, as well as many of their "highly recommended" ideas. The District Administrator or his designee will review the draft plan, and his/her comments and suggestions will be incorporated. The final plan shall then be ratified by the PALL Board, and submitted to and registered with Little League International.

ROLES AND RESPONSIBILITIES

Safety is everyone's responsibility

There are more than 1000 children participating in Palo Alto Little League, and the job of keeping our kids safe requires the active support of the entire PALL village. Little League requirements are detailed throughout this Plan. It is helpful, however, to consider the specific contributions each member of the community is expected to make.

Safety Officer

The PALL Safety Officer has overall responsibility for safety issues, primarily ensuring compliance with this Plan. Every member of the community should feel free to communicate with the Safety Officer regarding any concerns, by e-mailing safety@pabaseball.org. Currently, the Safety Officer is Vanessa Wells. You may reach her by telephoning (650) 324-7069, as well as by e-mail. The Safety Officer is registered with Little League International.

Equipment Manager

The PALL equipment manager also has special responsibilities related to safety, primarily including the inspection and maintenance of equipment.

Player Agents

The player agents for each division of play are responsible for communicating training requirements to managers and coaches, and ensuring compliance.

Managers/Coaches

Managers and coaches bear the primary responsibility for ensuring the safety of players during practices and games. Managers and coaches must meet specified fundamentals and first-aid/safety training requirements, which are specified in this Plan.

Umpires

Umpires have primary responsibility for enforcing Little League rules, many of which are grounded in safety considerations as well as concern for fair play.

Parents

Parents should discuss with players basic safe practices, such as not swinging bats except in appropriate areas under appropriate supervision. Some of these basic tenets are discussed in the PALL Safety Code, included herein. Additionally, parents should set a good example for players.

Players

Portions of the PALL Safety Code apply to the players. Players should review these portions of the Code - with a parent as applicable - and adhere to them.

PALL VOLUNTEER CHECK

Starting in 2007, Little League International requires that each local league perform *nationwide* background checks on all volunteers who will come in contact with children. This expands on the prior requirement, which only required a statewide background check on the state's sex offender registry ("SOR"). Little League expanded the requirement on the rationale that today's population is highly mobile, and a statewide check will not disclose convictions out-of-state.

Consistent with Little League International's recommendation, PALL is using "ChoicePoint", a vendor providing a computerized service for performing background checks. The ChoicePoint background check discloses all convictions, and thus provides information regarding all potential crimes against children, not only those captured on a SOR.

All volunteers that will come in contact with children must fill out a volunteer application form (as attached to this Plan), and submit a copy of a current driver's license. This requirement applies *per se* to all Board members, managers, coaches, and team parents. It also applies to other volunteers if their activities call for contact with the children. PALL will maintain the privacy of these records, and will use them only for the intended purpose, i.e., to perform the mandatory background check.

The volunteer application is a Little League International form. A copy is attached to this Plan, and is separately available on the PALL website (pabaseball.org).

MANAGERS/COACHES' TRAINING

Training

PALL offers a comprehensive training program for managers and coaches. This includes training in first aid, skills, positive coaching and in rules and league operations.

All coaches and managers are required to take some kind of training each year. They can choose from sessions on first aid, skills or positive coaching. Managers and coaches have three years to complete the full cycle of training. Training qualifies a volunteer for three years.

At least one representative from each team must attend each kind of training every season. This must be a manager or coach **unless** all coaches are current with the particular training. In this case, a parent can represent the team.

A signup sheet will record attendance at each session. Player Agents will determine whether each coach, manager and team is current in training requirements. The Safety Officer will maintain records of attendance at first-aid/safety training sessions to aid teams, managers and coaches to track compliance with training requirements.

Fundamentals Training

The PALL coaching skills program has three components. New managers and coaches have two years in which to take each component. At least one manager or coach from each team must attend each of the three kinds of coaching skills training every season.

- **Skills Clinics** - These cover baseball fundamentals, such as hitting, sliding, fielding, pitching, etc. An outside trainer is hired to conduct these sessions. The dates for the Skills Clinics are:
 - Saturday, 3/3/2007 - Majors/PCL Coaches Clinic, Middlefield Ball park
 - Sunday, 3/25/2007 - Pitching machine, Coach Pitch, T-Ball Coaches Clinic, Middlefield Ball park
- **Positive Coaching** - This program, conducted in partnership with the Positive Coaching Alliance (PCA), includes sessions for managers,

coaches and parents on creating a positive team environment. Sessions are scheduled as follows:

- Tuesday, 3/27/2007, 7:30-9:30 - Double Goal Coach 1 - Juana Briones School
 - Wednesday, 3/28/2007, Location TBD, will be announced on website - Double Goal Coach 2
 - Wednesday, 4/11/2007, 7:30-9:30 - Juana Briones School - Double Goal Coach 1
 - **Parent Workshop:** 4/18/2007, 7:30-9:30 - Terman Middle School
-
- **Managers and Coaches Meetings** - Each Player Agent holds a meeting for managers and coaches covering the logistics for the upcoming season. These sessions cover rules, parameters regarding playing or practicing in weather, complaint and accident procedures and other safety procedures to be used during the season. These sessions also include guidance for how to coach effectively. Each team must send one manager or coach each year. These meetings are held at Middlefield Ball park clubhouse, and the dates are:
 - Thursday, 2/8/2007 - Majors Managers Meeting
 - Wednesday, 3/7/2007 - PCL Managers/Coaches Meeting
 - Thursday, 3/8/2007 - Machine Pitch Managers/Coaches Meeting
 - Thursday, 3/15/2007 - Coach Pitch Managers/ Coaches Meeting
 - Thursday, 3/22/2007 - T-Ball Managers/Coaches Meeting

First-Aid/Safety Training

In addition to the fundamentals training, PALL provides training in First Aid and other safety issues. At least one coach/manager per team is required to attend this training every year, and every coach/manager must attend this training at least once every three years.

Licensed healthcare providers are exempt, but there are no other exceptions. Other first aid training cannot be substituted, because such training is unlikely to focus on the injuries and issues that arise in the context of youth baseball.

This year, PALL will provide training in first aid presented by the Palo Alto Medical Foundation, and training in "Keeping Our Kids Safe" presented by the Palo Alto Police Department. PALL will offer two sessions to allow for flexibility, with each scheduled for an hour directed to first aid and $\frac{1}{2}$ hour directed to other safety issues. The sessions are scheduled for the Offices of Heller Ehrman LLP, 275 Middlefield Road, Menlo Park, CA as follows:

Session 1: March 21, 2007 7:00 p.m. - 8:30 p.m.

Session 2: March 26, 2007 7:00 p.m. - 8:30 p.m.

FACILITIES AND EQUIPMENT

Annual Facility Survey

Little League International provides a "Facility Survey" with a checklist guiding an annual inspection of all ballfields, school yards, and parks used for Little League games and practices. PALL has completed that Survey, which is included as an attachment to this Plan.

Of the thirty plus facilities PALL uses during the season, the great majority are multi-use school yards and parks used for practices and instructional level games. Although most of the form survey is not applicable to these multi-use school yards and parks, PALL has included them in the survey to ensure that each facility has been inspected in advance of the season. In fact, the Safety Officer has physically inspected every facility. Because conditions may change over the course of a season, please contact the Safety Officer at safety@pabaseball.org if you observe an unsafe condition.

Middlefield Ballpark is owned by PALL, and PALL has the right and responsibility to maintain this beautiful facility. In addition, as of 2007 PALL has taken on operational responsibility for maintaining the portion of Hoover Park used for Little League games. For these facilities, PALL performs additional inspections, as follows:

Prior to the beginning of each season, the Facility Manager, supported by the Facility Committee, will inspect each storage shed and box to ensure that proper storage conditions exist and that all equipment and supplies are complete and in good repair. These items include:

- Hose with quick coupler connections of adequate length to fully cover the infield
- Paint or chalk liner with adequate supplies of liner material
- Line string
- Field hand-dragger
- Bases
- Rake, Shovel
- Mound Tamper, Broom
- Mound soil (stored in appropriate outdoor location)
- Umpire Equipment

Field Inspections

Prior to each practice, a manager or coach should inspect the field for obvious hazards, such as soccer equipment or other items left on the field, animal waste, etc., or holes and erosion creating a hazard.

The responsibility for field inspection for games is as follows:

It shall be the responsibility of the home team manager to inspect and prepare the field for play before each game. Infield preparation shall include:

- Fill low spots, especially around bases, plate and mound that may be a hazard.
- Drag field and remove any loose rocks that may be a hazard.
- Water infield if necessary to reduce dust.
- Line field.

Concession Stands

PALL is fortunate to have the Sandborn family providing concessions at Middlefield Ballpark, and on a mobile concession stand basis as possible at Hoover and El Camino fields. The contract with the Sandborns requires that the concession stands meet all Code requirements, as well as the following:

Food Handling

All concession stands shall provide one of the following for cleansing hands:

- Running water, hand soap and paper towels.
- "Dry" or gel soap for cleansing hands without running water.

Concession volunteers will be instructed to wash hands prior to beginning shift. Appropriate tissues and gloves shall be provided, and all unpackaged foods shall be handled using such skin barriers.

Food Storage

Perishable foods shall be stored in the refrigerator, and disposed at the perish date. Perishable foods shall not be re-prepared (cheese for nachos, hot dogs etc. should be disposed if heated and not sold).

Concession Stand Safety

A fully stocked First Aid kit shall be provided in each concession stand along with the following:

- A fire extinguisher

- A poster providing instructions for choking victims

Player Equipment

Inspection and Quality

The PALL Equipment Manager shall be responsible for ensuring that the inventory of player equipment is of acceptable quality, in good condition and safe for play.

Each year before issuing equipment, the Equipment Manager supported by the Equipment Committee shall inspect all bats, gloves, catcher's equipment, batting helmets etc. to be issued to players and managers. Any damaged equipment, or equipment found not to fully meet safe standards shall be repaired or discarded. No incomplete or damaged equipment shall be issued to managers or players.

Each manager, upon receiving his/her equipment, shall inspect all equipment to ensure that it is in good repair, complete, and safe to use. Any equipment found not to be so shall be returned to the Equipment Manager to be fully repaired or destroyed and discarded. The Equipment Manager shall replace any such equipment.

Use at Practices and Games

All players are expected to wear appropriate safety equipment (e.g., cups) at all practices and games. Fit: It shall be the responsibility of the manager to properly fit the catcher's equipment and batting helmets.

Catcher's Gear

- In practice or warm-ups where no batter is present, the player serving as catcher must at a minimum always wear a catcher's helmet/mask and protective cup.
- Mask must be properly adhered to catcher's helmet and all straps must be in place and functional; it must be fully padded; it must have "dangling" throat guard.
- Chest Protector: All straps must be in place and functional; male catchers must use long model chest protector.
- Shin Guards: All straps must be in place and functional.
- Glove: All leather lacing must be in place and secured.

Batter, Runner, Player/Coach

- All batters, runners and player-base coaches must wear an approved Little League batting helmet. PALL will provide helmets with face protection that players will be encouraged to use. Any helmet in which padding is damaged, or plastic is cracked, chipped or notably stressed, is not to be used.
- Bats that do not fit through the National Little League supplied bat measuring templates are not allowed. Protective tape or foam at the handle must be free of damage and fully adhered to the bat. Bats must be free of any dents or dimples.
- Effective with the beginning of this 2006 playing season, Palo Alto Little League adopted a rule regulating the use of non-wood bats. The rule appears in its entirety in the PALL Local Rule Book, Section Three, Official Playing Rules, Addendum and Supplementary Playing Rules, Rule 1.10[A].

Balls and Bases

- PALL uses reduced impact balls for T-Ball and lower-division Minors teams (i.e., Coach Pitch Division).
- Break away bases are currently in use at Middlefield and Hoover Parks.

ACCIDENT REPORTING AND INSURANCE CLAIMS

PALL maintains accident and general liability insurance through Little League, International. Attached to this Plan is an information sheet provided by Little League International to provide parents with important information regarding making claims. Also attached are forms for making claims and reporting accidents.

As explained in the information sheet, the insurance claim must be made **within 20 days of the incident**. In order to meet this deadline, PALL asks that any claim be reported to the Safety Officer **within 24 hours of the incident**, and that the claim form be submitted to the Safety Officer **within one week of the incident**. We understand that dealing with serious injuries and medical treatment can be time-consuming and stressful. The Safety Officer will help with the claims process to alleviate that burden.

To ensure that parents are adequately informed of limitations on the insurance available through Little League International, PALL notes that the "Claim Form Instructions" set forth the following statements:

"The AIG Accident Master Policy acquired through Little League contains an 'Excess Coverage Provision' whereby all personal and/or group insurance shall be used first.

"To help explain insurance coverage to parents/guardians refer to *What Parents Should Know* on the internet that should be reproduced on your league's letterhead and distributed to all parents/guardians at registration time. [Note: This document is attached to this Plan and is separately available from the PALL website.]

"If injuries occur, initially it is necessary to determine whether claimant's parents/guardians or the claimant has other insurance such as group, employer, Blue Cross and Blue Shield, etc., which pays benefits. (This information should be obtained at the time of registration prior to tryouts.) If such coverage is provided, the claim must be filed first with the primary company under which the parent/guardian or claimant is insured.

"When filing a claim, all medical costs should be fully itemized and forwarded to Headquarters. If no other insurance is in

effect, a letter from the parent's/guardian's or claimant's employer explaining the lack of group or employer insurance should accompany the form."

PALL notes that, while this information suggests that the Little League International policy may not pay on the claim if there is other available insurance, PALL will in all cases submit a reported claim. PALL cannot determine whether the Little League International policy or other insurance, or both, should or will pay a claim, and will not attempt that determination. Rather, PALL will take all steps to submit a reported claim to Little League International, without conditioning submission on any pre-determination of acceptability of the claim to the carrier, including but not limited to acceptability based on whether some other policy or plan does or should cover the claim.

PALL is concerned with tracking all accidents, whether or not an insurance claim is made, in order to evaluate situations and improve safety procedures where possible. Consequently, any incident requiring any player, manager, coach, umpire, other volunteer or spectator to receive medical treatment or first aid must be reported. This includes those that may be deemed minor incidents requiring cold packs, elevation, bandages, etc. Reporting includes two steps:

- Within 24 hours of the incident, the manager of the injured player must contact the Safety Officer and report the incident;
- Within 1 week of the incident, the same manager must submit a written report to the Safety Office using the league-provided report form.

FIRST AID KITS

PALL will provide a stocked First-Aid kit to every PALL team. It is the responsibility of managers/coaches to replenish the kit as items are used. PALL will reimburse necessary purchases, receipts for which may be submitted to the Safety Officer.

First -Aid kits will be distributed at the First-Aid/Safety training sessions. As necessary, managers/coaches may contact the Safety Officer in order to obtain First-Aid kits.

ENFORCEMENT OF RULES

Most Little League rules have some basis in safety. PALL will strictly enforce all Little League International Rules, PALL Local Rules, and the Safety Code set forth in this Plan.

Each manager and coach shall receive a copy of the 2007 Official Regulations and Playing Rules, which sets forth Little League International rules. PALL Local Rules are set forth in the published PALL Local Rulebook/Manager's Handbook (see <http://www.pabaseball.org/info/rulebook.php>)

In addition, PALL is publishing and disseminating a series of documents focusing on safety issues. These include separate items on bat safety and the pitch count program. The Safety Code for Palo Alto Little League and a Safety/PCA FAQ document will also be distributed to parents and coaches. Parents will be encouraged to sign up for the ASAP e-newsletter. The PALL web site will maintain a special section devoted to safety (<http://www.pabaseball.org/info/safety.php>) that will include links to additional resources (e.g. ASAP Newsletter).

Attachments and Forms

1. Separate page stating emergency contact information
2. Consent to Treat/Release Form
3. Special Medical Conditions/Needs Form
4. Batting Cage Rules
5. Volunteer Application
6. Facilities Survey
7. Parent Information Regarding Insurance Claims
8. Accident Claim Form
9. General Liability Claim Form
10. Accident Reporting Form

Note

This plan, attachments and forms can all be found on the PALL Web Site:
<http://www.pabaseball.org/info/safety.php>