



EAST GRANBY - GRANBY LITTLE LEAGUE (EGGLL) SAFETY PLAN

Updated: March 2021

REV-9

LITTLE LEAGUE INTERNATIONAL APPROVED – TBD

Granby, Connecticut, USA

League ID: 2070604



1. Introduction.....3

2. EGGLL Safety Policies.....4

3. EGGLL Board of Directors.....8

4. Accident, Injury, Incident & Near Miss Reporting Procedures.....8

5. Volunteer Applications and Background Checks.....10

6. Approved Volunteers for 2021.....11

7. Required Training for Managers/Coaches.....11

8. Pitch Counts Rules.....13

9. Bat Specifications.....14

10. Weather and Health Risk Guidelines.....17

11. Facilities Management Safety.....21

12. Facilities Survey.....22

13. Safety Statistics.....22

14. Concession Stand.....22

15. Training / Background Check FAQ’s.....24

16. Safety Promotion and Continuous Improvement Planning.....25

17. COVID-19 Guidelines for 2021 Season.....27

Note: The following forms referenced in this document are available on the EGGLL website (www.granbeastll.org):

- Safety Incident and Near-Miss Tracking Form(s)
- Volunteer Application Form
- EGGLL Emergency Contact Procedures
- Medical Release Form
- This ASAP document

1. Introduction

This document contains the East Granby / Granby Little League (EGGLL) Safety Plan for 2021 serving the towns of East Granby and Granby Connecticut. On an annual basis the Safety Plan is updated by the EGGLL Safety Officer (currently Chris Perry), approved by the EGGLL Board of Directors (BOD), and reviewed by the District Safety Officer.

The Safety Plan describes the policies, procedures, and goals of EGGLL related to operating a safe and fun baseball program. Various forms for volunteers and incident/accident reporting are available on the EGGLL website (www.granbeastll.org). An electronic copy of this Safety Manual is available on the EGGLL website and is available for download. Paper copies of this Safety Plan will be made available to all volunteers within the East Granby - Granby Little League organization.

EGGLL allocates specific funding in its operating budget for safety-related items such as padded guards for fence tops, repair of fences, proper batting facilities, and equipment and training required by ASAP. The EGGLL Safety Officer is a member of the BOD and on file with Little League International.

EGGLL Safety Mission Statement:

East Granby / Granby Little League is dedicated to providing a safe, friendly, and competitive environment in which every reasonable precaution and preventative measure is exercised to ensure the safe enjoyment of our national pastime by fans, parents, players, coaches, and umpires alike.

EGGLL Safety Officer (On file with Little League International)

Chris Perry

cpmep2@att.net

(413) 563-9818

EGGLL Website:

The EGGLL website is a key resource for important details and information listed in this plan, such as contacts, dates, an electronic copy of this plan, links to the Little League international site and other safety information. The site can be found at: www.granbeastll.org

Local Emergency Information:

Police, Fire, Ambulance: 911

East Granby Non-emergency Police: (860) 653-4956

Granby Non-emergency Police: (860) 844-5335

East Granby Non-emergency Ambulance: (860) 653-4165

Granby Non-emergency Ambulance: (860) 653-6535

2. East Granby / Granby Little League Safety Policies

ASAP

In 1994, **ASAP** (A Safety Awareness Program) was introduced at the national Little League level with the goal of re-emphasizing the position of Safety Officer "to create awareness, through education and information, of the opportunities to provide a safer environment for kids and all participants of Little League Baseball". This program was developed to promote a safe season for all East Granby - Granby Little League participants. Periodically, the Safety Officer will distribute ASAP newsletters to the board of directors, commissioners, and coaches via email and the EGGLL website.

The East Granby / Granby Little League ASAP and the Little League "Qualified Safety Plan Registration Form" are submitted annually through the Little League Data Center website at www.littleleague.org.

The EGGLL philosophy is that safety is everyone's job. Prevention is the key to reducing accidents to a minimum. We emphasize reporting all hazardous conditions to the Safety Officer or another Board member immediately. We enforce not playing on a field that is not safe or with unsafe equipment. We seek to ensure that players are fully equipped at all times, especially catchers and batters. We emphasize that managers and coaches frequently check a team's equipment and replace worn out or defective items.

East Granby - Granby Little League Safety related procedures, protocols and rules (Safety Code):

- » Responsibility for Safety procedures at any given game or practice or gathering should be that of an adult member of Granby Little League. This is normally the head coach/manager of a team. It is the responsibility of the head coach/ manager to ensure that only those with proper background checks (assistant coaches, umpires, parents or Board members) are supervising, as needed, from a safety standpoint.
- » Call 911 immediately if there is any chance in your opinion that a child needs emergency medical attention. Always err on the side of safety.
- » The Safety Officer will complete the 2021 Annual Little League Facility Survey in preparation for the 2021 season (including a long-range facility plan).
- » Arrangements will be made in advance of all games and practices for emergency medical services. The Safety Officer will communicate with Granby Ambulance and Granby Emergency Services providing general details of the upcoming Little League Schedule. Note: No EMTs are on-site.
- » Managers will carry charged cell phones at all events and be prepared to call for emergency medical services if needed.
- » Accidents, injuries or incidents will be reported to the Safety Officer who will then file the appropriate form with Little League International.
- » Managers, coaches and umpires must have training in first aid. First-aid kits are issued to each team manager and are located at each concession stand. First Aid clinics will be held in late March and early April. Details are available on the EGGLL website and below in this section.

- » No games or practices will be held when weather or field conditions are poor, lighting is imminent; fields are in need of repair, recently fertilized, or overly wet.
- » The head umpire or either head coach may determine that there is not enough light to continue playing the game safely.
- » Play area will be inspected before use, and frequently during use, for holes, damage, stones, glass and other foreign objects. It is the responsibility of the home team manager/coach to inspect the field prior to play. Umpires (plate and field) will continue to monitor playing areas thorough out the game.
- » All team equipment will be stored within the team dugout, or behind screens/fences, 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, except that for T-Ball and Farm Ball leagues parents may be in the dugout area with discretion. Parents without an accepted background check are not to have substantial interaction with children other than their own.
- » Responsibility for keeping bats and loose equipment off the field of play will be that of a player assigned for this purpose or the team’s manager and coaches or a parent if the parent has had an acceptable background check.
- » Foul balls batted out of playing area, which are retrieved, will be returned to the coaches/managers. They are not to be thrown on to the playing field.
- » During practice and games, all players should be alert and watching the batter on each pitch.
- » During warm-ups, players should be spaced so that no one is endangered by wild throws or missed catches.
- » All pre-game warm-ups will be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.).
- » Coaches and managers are not permitted to catch pitchers (rule 3.09) as a warm up or at any other time during game.
- » Equipment should be inspected regularly to insure it is in good condition. Remember to dispose of “bad” or “Expired” equipment properly to minimize the chance of someone else using it. Replace discarded equipment with new.
- » Pitching machines, if used, must be in good working order (including extension cords, outlets, etc.) and must be operated only by adult managers and coaches.
- » Batters & runners on the field must wear approved (NOCSAE) protective helmets with face guards during games and practices. Helmets should not be painted unless approved by the manufacturer.
- » Catchers must wear catcher’s helmet, mask, throat guard (long model), chest protector, shin guards and protective cup with athletic supporter at all times (males) for all practices and games.
- » Managers should encourage all male players to wear protective cups and supporters for practices and games. Mouth guards are encouraged for infielders.
- » Managers/Coaches will assess equipment for proper fit.

- » For Majors and below, except when 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 or in the dugout area.
- » Players must not wear watches, rings, pins, necklaces or metallic items during games and practices, except for medical alert identifications. Please remind female players that earrings are not allowed, appropriate hair ties should be used and no metal barrettes should be used. Players who wear glasses should be encouraged to wear “safety glasses”.
- » The Catcher must wear catcher’s helmet and mask/face guard with a throat guard in warming up pitchers. This applies between innings, in the bullpen during a game, and during practices.
- » Soft toss to fences/backstops is not allowed prior to a game to protect spectators from getting hurt.
- » On-deck batters are NOT permitted. No player should handle a bat, even in an enclosure, until it is his/her time at bat. (Applies to Majors and below).
- » Players who are ejected, ill, or injured will remain under supervision until released to the parent or guardian.
- » First, second, and third bases must be of the “break-away” variety to ensure safety of sliding players.
- » Protective/padded tops for chain-link fences are installed to protect players.
- » Chain-link fencing should also be used to protect spectators from foul balls.
- » Bleachers should have back guardrails at minimum and side rails if feasible.
- » Soft cover or reduced impact balls will be used for T-Ball level players.

Board Members, Managers, Coaches, other Volunteers and Parents are encouraged to:

- » Reassure and aid children who are injured, frightened, or lost.
- » Provide, or assist in obtaining, medical attention for those who require it.
- » Know your limitations.
- » **Carry your first-aid kit to all games and practices and remember to re-stock if needed.**
- » Carry a cell phone.
- » Keep your "Guideline for First Aid” with your first-aid kit.
- » Assist those who require medical attention - and when administering aid, remember to LOOK for signs of injury (blood, black-and-blue, deformity of joint etc.), LISTEN to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
- » FEEL gently and carefully the injured area for signs have swelling, or grating of broken bone. *Allow the child to move injured area on own as tolerated. Do not force.*
- » Have your players' Medical Clearance Forms and your first aid kits with you at all games and practices.
- » Review the forms ahead of time to become familiar with any special medical conditions your players may have (e.g. asthma, diabetes, allergic reactions to bee stings or certain foods, etc.).
- » Arrange to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

- » Report all injuries or near misses to the Safety Officer as soon as possible.

Board Members, Managers, Coaches, other Volunteers and Parents are encouraged *NOT* to:

- » Administer any medications.
- » Be afraid to ask for help if you're not sure of the proper procedures (i.e., CPR, etc.).
- » Transport injured individuals – call 911 to request an ambulance instead.
- » Leave an unattended child at a practice or game.
- » Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

Coaching Prerequisites

- » The following are requirements for all coaches (head coaches/managers and assistant coaches):
- » First Aid qualifications. The head coach/manager must have appropriate First Aid training, which will include concussion specific training, within the last three seasons (2017, 2018 or 2020). Volunteers are required to attend the EGGLL-sponsored First Aid clinics. Presently, First Aid Clinics are scheduled for late March/early April. Ideally, all coaches will receive First Aid training. At a minimum, however, at least one representative from each team will attend this training annually with all coaches having attended a clinic at least once every three years.
- » Basic Coaches' Training Qualifications. The coach must have appropriate basic coaching instruction within the last four seasons (2017, 2018, 2019, 2020). The EGGLL Board of Directors will set a schedule for the training sessions and post them on the East Granby / Granby Little League website.
- » Managers / Coaches are appointed by the EGGLL Board of Directors.
- » Completion of the background checks authorization form, a successful background check performed by the Safety Officer, and notification from the Safety Officer to the Board of Directors and Commissioners of the approval.

3. East Granby / Granby Little League Board of Directors

In addition to being posted on the website, the following contacts for the East Granby / Granby Little League Board of Directors will be distributed to all Team Managers in the form of an Emergency Plan. Below is the 2020 Executive Board for EGGLL and contact phone numbers.

Executive Board

Position	Name	Phone	Email
President	Bill Hallam	860-806-5043	billhallam16@yahoo.com
VP Baseball	Brett Lowman	860-402-8312	bretflowman@yahoo.com
VP Softball	Patrick Lynch	860-331-7092	plynch@gilbaneco.com
Treasurer	Phil Tetreault	860-989-5173	ptetreault@byccpa.com
Information Officer	Greg Dion	860-331-0032	gregory.k.dion@gmail.com
Safety Officer	Chris Perry	413-563-9818	cpmep2@att.net
Secretary	Danielle Waite	603-401-9242	dwaite1725@gmail.com
League Player Agent	Dave Anderson	860-306-3054	ny2144@hotmail.com
Player Agent Softball	Kelly George	860-413-3075	kgeorge@nvit.edu
Coaching Coordinator (Baseball)	Nick Jones	860-604-8506	nijones1987@gmail.com
Coaching Coordinator (Softball)	Stephen Simard		info@simardrealtygroup.com
League Sponsorship/Fundraising Manager	Chenoa Anderson	860-798-9589	chenoanoel@hotmail.com
Umpire Coordinator (Baseball)	Greg Teclaw	860-985-6463	gteclaw@massmutual.com
Umpire Coordinator (Softball)	Lisa Vitale		leelo74@yahoo.com

Updated March 2021

4. Accident, Injury Incident & Near Miss Reporting Procedures

EGGL is committed to providing a safe environment for all players, coaches, managers, umpires, volunteers and spectators. The purpose of this procedure is to ensure proper reporting and review of all accidents, incidents and near misses in order to limit the amount of these types' events. In addition, these efforts will minimize unsafe or hazardous conditions, as well as discouraging potential dangerous acts or practices that cause accidents.

DEFINITIONS:

Accident: an unplanned event that results in or could have resulted in personal injury, illness or property damage.

Hazard: a condition or set of conditions that has the potential to cause harm.

Incident: an unplanned event that negatively affects the completion of a task and may have resulted in, or could have resulted in, personal injury, illness or property damage.

Injury: any wound or damage to the body resulting from an event in the workplace. Injuries include but are not limited to a cut, abrasion, fracture, burn or sprain.

Near Miss: an unplanned event that did not result in injury, illness or property damage, but had the potential to cause harm given a slight shift in time or position, damage and/or injury could have occurred.

All safety incidents and near misses should be reported to the Safety Officer within one (1) hour. Incident tracking will be used to evaluate effectiveness of the program and for future reference. If the Safety Officer is unavailable, the President of the East Granby / Granby Little League should be contacted

EGGL Safety Officer Christopher Perry
(413) 563-9818
cpmep2@att.net

Incident/Injury Tracking Form is available on the EGGL website. Managers are required to maintain copies of the form at all games and practices.

Coaches and Manager Responsibilities

- (1) Immediately notify Safety Officer of all accidents, incidents, hazards and near misses, but no later than (1) hour after incident occurred.
- (2) Perform aid, secure and make area safe
- (3) Complete the following forms, as applicable: Incident/Injury Tracking Report
- (4) Obtain a completed Medical Release for Return to Athletic Participation Form from players parents, prior to player participating.
- (5) Send completed Medical Release for Return to Athletic Participation Form to Safety Officer prior to player participating.

Safety Officer's Responsibilities

Within 24 hours of receiving the telephone notification and/ completed report, the Safety Officer or President will contact the injured party or the party's parents and:

- (1) Conduct & complete incident investigation, which included verifying information from coaches, managers, parents, etc...
- (2) Check on the status of the injured party; and
- (3) In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the East Granby / Granby Little League's insurance coverage and the provisions for submitting any claims.
- (4) Notify the CT District 6 Little League Safety Officer.
- (5) Complete incident investigation report within 24-48 hrs. after initial notification of incident

If the extent of the injuries is more than minor in nature (, the Safety Officer and/or President shall periodically call the injured party to:

- (1) Check on the status of injuries. (i.e., Emergency Room visit, doctor's visit, etc.)
- (2) Check if any other assistance is necessary in areas such as submission of insurance forms, Etc. until the incident is considered "closed" (i.e., no further claims are expected and/or the individual is participating in the league again).

5. Volunteer Applications and Background Checks

All East Granby / Granby Little League Board Members, Managers, Coaches and other volunteers, regardless of age, are required to provide a signed volunteer application, along with a copy of government-issued photo identification. (Regulation I (b).)

A nationwide criminal background check *and* nationwide sex offender search will be conducted on all volunteers, which include Board members, managers, coaches, team coordinators, umpires and anyone with repetitive access to players or teams. The Safety Officer can use any background check services necessary to assure the safety of the children. For the 2020 Season, EGGLL will use J. D. Palatine (JDP), which has collaborated with Little League international for background checks. In some cases a name-only match will occur, which may cause some concern for volunteers who are not in fact the criminal on record. Further research will be conducted to determine identity in these cases and a letter from JD Palatine (JDP) will be sent to the volunteer. (Regulation I(c) 8 and 9.)

Anyone who refuses to complete a Volunteer application form will not be allowed to participate in the capacities mentioned in the previous paragraph. In all cases a Social Security Number (SSN) will be requested and required as part of the J. D. Palatine background check process.

All Managers, Coaches and Volunteers are required to submit to a mandatory background check. Managers, Coaches and Volunteers may not step onto a practice or game field and may not interact with players during official league events without an approved background check. A master list of all approved Managers/Coaches/Volunteers will be posted on the website prior to the start of the season. League officials will complete 'Spot-checks' of on-field Managers, Coaches and Volunteers periodically throughout the season. This may happen at both games and practices. Any person who is not on the approved list will be asked to leave immediately and will not be allowed to participate in team activities for the remainder of the season. In addition, the Manager of the team that has the non-approved person will be subject to a warning for the first offense and a 2 (two) game suspension for the second offense. The third offense will result in suspension for the remainder of the season. These penalties will commence at the start of the game/practice following the infraction

Team managers should explain to parents at the beginning of the season the above guidelines and explain who has and has not had background checks. A clear delineation between coaches and non-coaches, including assistants, must be made. Parents or others cannot fall into a "gray area" where there is occasional ball tossing or helping during practice without being confirmed through a background check.

Under no circumstances will any person who is a known child-sex offender be permitted to hold any office or position within East Granby / Granby Little League or any other level of Little League Baseball and Softball. Additionally, any person convicted of a crime involving or against children will not be allowed to hold any position within the East Granby / Granby Little League Organization. (Regulation I (c) 9).

****Volunteer backgrounds checks that reveal any offense related to children are cause for rejection. Similarly, violent offenses will also cause volunteers to be rejected. Convictions or other offenses, not involving***

minors, may still be cause for rejection and will be reviewed by the board of directors who still may deem these individuals as inappropriate and/or unfit and may prohibit him/her from working as a hired worker or volunteer within East Granby / Granby Little League.

The Safety Officer will provide a list each season of those who have been approved with acceptable background checks.

The league president shall retain each volunteer application, background check information, and any other documents obtained, on file and maintain the record of a volunteer for at least 2 years after the volunteer is no longer in the league.

6. Approved Volunteers for 2021

This list of approved volunteers will be posted on the East Granby / Granby Little League website under the “Volunteer Info” tab. It is intended to provide an easy resource for parents to determine the status of most volunteers. The definition of approval in this context is a successful background check. Presence on this list does not mean the volunteer has taken the required coursework, such as Fundamentals training. Board members and active team parents may be on this list but may not be required to participate in fundamentals training etc.... It is the responsibility of the team manager to ensure that in addition to having an approved background check, a coach has had proper training. It is the responsibility of league commissioners to ensure that team managers have had appropriate background checks and training. This list might be updated later in the season via this safety plan or on a separate document posted on the East Granby / Granby Little League website.

League player registration data, player roster data and coach and manager data will be submitted via the Little League Data Center at www.littleleague.org. This continues to be a mandatory requirement for an approved ASAP plan in 2020.

If you do not see any documentation of a volunteer having been approved through a background check and want to ensure the most up-to-date status, please contact the EGGLL Safety Officer, Chris Perry at 413-563-9818 or cpmep2@att.net.

7. Required Training for Managers/Coaches

All managers and coaches must complete the following:

- Read and become familiar with the safety plan annually.
- Attend First Aid training; to include concussion specific training, and fundamentals coaches training once every two years. Note: *At least one* representative from each team must have attended First Aid training and basic coaches training within the current season.
- All volunteers are responsible for ensuring their own competency beyond the above requirements. Coaches should proactively ask others, including board members, questions about the rules of baseball and softball, physical training and safety issues as needed, and research, responsibly, books and reputable websites for coaches’ tips and training information. Use of the EGGLL and Little League International websites is expected.

A. Reading Safety Manuals and First Aid Procedures

This safety plan and first aid guidelines will be available to all Board members, coaches, managers and parents via the EGGLL website.

B. Reading the Little League Code of Conduct

Commissioners will distribute the EGGLL Code of Conduct to all managers, who should distribute it to all parents and encourage reading of the material. Managers and coaches are required to read and be familiar with the material.

C. Attending First Aid Training

Presently one (1) First Aid Clinics are scheduled for late March/early April taught by EGGLL Safety officer (First Aid/CPR Certified & Environmental Health & Safety Professional). Times and location information will be available on the EGGLL website. This training is required every two years. At least one manager or coach from each team in a league should attend a first aid class, though you should encourage attendance from as many league volunteers as possible. First aid knowledge is an invaluable tool to have for all of life's emergencies.

Like training coaches to properly teach fundamentals, training them and other volunteers in first aid practices is not just a requirement to be fulfilled. It is an extra tool in place to help the season be a beneficial and safe experience for the Little Leaguers®. At least one manager or coach from each team in a league should attend a first aid class, though you should encourage attendance from as many league volunteers as possible. First aid knowledge is an invaluable tool to have for all of life's emergencies.

D. Attending Baseball Coaches Training Clinic

The EGGLL Board of Directors will schedule coaching clinics annually. The details will be available on the EGGLL site. This training is scheduled for March 27, 2021 and is mandatory. Training qualifies volunteer for 3 years; but one team representative still required to attend each year.

E. Complete Concussion Specific Training.

All Managers and Coaches are required to complete Concussion specific training. This can be accomplished through the East Granby / Granby Little League First Aid Training events or online through the CDC "Youth Sports Coaches" – "Heads Up: Concussion in Youth Sport" Training module. This is a free course and can be found at the CDC's website as follows:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

8. Pitch Count Rules

EGGLL will follow the National Little League pitch count rules for baseball that are effective for 2020. These rules do not apply to softball.

2020 Baseball Rules (Regulation VI – Pitchers)

Pitchers in Little League range from age 7 to 16. An age-based maximum is applied to the number of pitches a child can throw in one day:

<u>Age</u>	<u>Maximum Pitches / Day</u>
13-16	95
11-12	85
9-10	75
7-8	50

Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. that batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

Note 1: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. Unless, a pitcher who reaches 40 pitches while facing a batter, may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. The pitcher will be allowed to play the catcher position provided the pitcher is moved, removed, or the game is completed before delivering a pitch to another batter.

Pitcher rest requirement must be imposed as outlined in Regulation VI (d) for the following age ranges

Pitchers age 7-14:

<u>Pitches Thrown in One Day</u>	<u>Required Calendar Days of Rest</u>
66 or more	4
51-65	3
36-50	2
21-35	1
1-20	0

Pitchers age 15-16:

<u>Pitches Thrown in One Day</u>	<u>Required Calendar Days of Rest</u>
76 or more	4
61-75	3
46-60	2
31-45	1
30 or less	0

*Under no circumstances shall a player pitch in three (3) consecutive days.

Exception: If a pitcher reaches a day(s) rest threshold while facing a batter, the pitcher continues to pitch until any one of the following conditions occur: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half inning or the game. The pitcher will be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed or the game is complete before delivering a pitch to another batter.

*Each league must designate the scorekeeper or another game official as the official pitch count recorder.

Coaches and parents must also use common sense and consider pitches thrown during practice, warm-up and other activities, and the throwing activity of pitchers when playing in the field. While no hard guidelines are imposed in these cases, common sense must be used. If a player throws 30 pitches in a practice scrimmage the day before a game and fields many plays in the infield at the start of a game, the pitch limit should be lower for that child if he or she enters the game as a pitcher.

Pitching in More Than One Game Regulation VI(k)

Minor League, Little League (Majors), and Intermediate (50-70) Division players may NOT pitch in more than one game in a day.

Junior League and Senior League players may be used as a pitcher in up to two games in a day. (Exception: If the player pitched 31 or more pitches in the first game, that player may NOT pitch in the second game on that day).

*Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch on that calendar day.

2020 Softball Rules (Regulation VI Pitchers)

(a) Any player on the team roster may pitch. EXCEPTION: A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.

(b) Minors/Little League (Majors): A player may pitch in a maximum of twelve (12) innings in a day. If a player pitches in seven (7) or more innings in a day, one calendar day of rest is mandatory. Delivery of a single pitch constitutes having pitched in an inning.

Junior/Senior League: No pitching restrictions apply.

9. Bat Specifications

Rule 1.10 – Baseball

The bat must be a baseball bat, which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat).

Beginning with the 2018 season, non-wood and laminated bats used in the Little League (Majors) and below, Intermediate (50-70) Division, Junior League divisions, and Challenger division shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball’s Youth Bat Performance Standard. All BPF – 1.15 bats will be prohibited beginning

with the 2018 season. Additionally, starting in 2018, the bat diameter shall not exceed $2\frac{5}{8}$ inches for these divisions of play. Additional information is available at LittleLeague.org/batinfo.

Tee Ball:

Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program (USABaseballShop.com) beginning September 1, 2017.

Minor/Major Divisions:

It shall not be more than 33 inches in length; nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.

Intermediate (50-70) Division and Junior League:

It shall not be more than 34" inches in length; nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.

Senior League:

It shall not be more than 36 inches in length, nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark. The certification mark shall be rectangular, a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.

Little League Challenger Division:

It shall not be more than 33 inches in length; nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($15/16$) inches in diameter ($7/8$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed sixteen (16) inches from the small end.

NOTE: Solid one-piece wood barrel bats do not require a USA Baseball logo.

Senior League Challenger Division:

It shall not be more than 36 inches in length, nor more than $2\frac{5}{8}$ inches in diameter, and if wood, not less than fifteen-sixteenths ($\frac{15}{16}$) inches in diameter ($\frac{7}{8}$ inch for bats less than 30") at its smallest part. Wood bats taped or fitted with a sleeve may not exceed eighteen (18) inches from the small end. The bat shall not weigh, numerically, more than three ounces less than the length of the bat (e.g., a 33-inch-long bat cannot weigh less than 30 ounces). All bats not made of a single piece of wood shall meet either 1) the Batted Ball Coefficient of Restitution (BBCOR) performance standard, and such bats shall be so labeled with a silkscreen or other permanent certification mark which shall be rectangular, a minimum of a half-inch on each side, and located on the barrel of the bat in any contrasting color, or 2) the USA Bat standard and shall bear the USA Baseball logo signifying that the bat meets the USABat – USA Baseball's Youth Bat Performance Standard. Aluminum/alloy and composite bats shall be marked as to their material makeup being aluminum/alloy or composite. This marking shall be silkscreen or other permanent certification mark, a minimum of one-half-inch on each side, and located on the barrel of the bat in any contrasting color.

In all divisions, a non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.

NOTE 1: Whiffle ball type bats are permissible in all Challenger Divisions.

NOTE 2: The traditional batting donut is not permissible.

NOTE 3: Tee Ball bats maybe used in the Challenger Divisions. Under the USABat standard, certified Tee Ball bats (26" and shorter) will feature the USA Baseball mark and text which reads ONLY FOR USE WITH APPROVED TEE BALLS. All Tee Ball bats must feature the USA Baseball mark and accompanying text. Tee Ball bats that were produced and/or purchased prior to the implementation of the new standard can be certified using an Approved Tee Ball Sticker via the USA Baseball Tee Ball Sticker Program (USABaseballShop.com) beginning September 1, 2017.

NOTE 4: Non-wood bats may develop dents from time to time. Bats that have cracks or sharp edges, or that cannot pass through the approved Little League bat ring for the appropriate division must be removed from play. The $2\frac{1}{4}$ -inch bat ring must be used for bats labeled $2\frac{1}{4}$. The $2\frac{5}{8}$ -inch bat ring must be used for bats labeled for $2\frac{5}{8}$.

NOTE 5: An illegal bat must be removed. Any bat that has been altered shall be removed from play.

Rule 1.10 – Softball

The bat must be a softball bat, which meets Little League specifications and standards as noted in this rule. It shall be a smooth, rounded stick and made of wood or a material tested and proved acceptable to Little League standards. The bat shall be no more than 33 inches (34 inches for **Junior/Senior League**) in length, not more than two and one-quarter ($2\frac{1}{4}$) inches in diameter, and if wood, not less than fifteen-sixteenth ($\frac{15}{16}$) inches in diameter ($\frac{7}{8}$ inch for bats less than 30 inches) at its smallest part. Non-wood bats shall be printed with a BPF (bat performance factor) of 1.20. Bats may be taped or fitted with a sleeve for a distance not exceeding 16 inches from the small end. Colored bats are acceptable. A non-wood bat must have a grip of cork, tape or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.

An illegal or altered bat must be removed.

In all divisions, non-wood bat must have a grip of cork, tape, or composition material, and must extend a minimum of 10 inches from the small end. Slippery tape or similar material is prohibited.

NOTE 1: The traditional batting donut is not permissible.

NOTE 2: The use of pine tar or any other similar adhesive substance is prohibited at all levels of Little League Baseball and Softball. Use of these substances will result in the bat being declared illegal and removed from play.

NOTE 3: Non-wood bats may develop dents from time to time. Bats that have cracks or sharp edges, or that cannot pass through the approved Little League bat ring for the appropriate division must be removed from play. The 2¼-inch bat ring must be used for bats labeled 2¼. The 2⅝-inch bat ring must be used for bats labeled for 2⅝.

NOTE 4: An illegal bat must be removed. Any bat that has been altered shall be removed from play. **PENALTY** – See Rule – 6.06(d).

10. Weather and Health Risk Guidelines

This section provides specific guidelines on safety and procedures related to lightning risk, heat risk, communicable disease risk and the Heimlich maneuver.

A. Lightning Risk

Rule of Thumb

The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach, or umpire who feels threatened by an approaching storm should stop play and get players to safety. When in doubt, STOP PLAYING!

"Flash-Bang" Method

One way of determining how close a recent lightning strike is to you is called the "flash-bang" method. With the "flash-bang" method, a person counts the number of seconds between the sight of a lightning strike & the sound of thunder that follows it. Stop playing & leave the area when the count between the lightning flash and the sound of its thunder is 30 seconds (6 miles) or less.

Allow a minimum of 30 minutes to pass after the last lightning flash and bang of thunder before resuming activity.

Lightning Detection for Mobile Device(s) App:

Little League® Baseball and Softball, the world's largest youth sports organization, and WeatherBug, the brand millions trust to Know Before™ severe weather strikes, are launching Little League WeatherBug, a new mobile weather app providing coaches, managers, parents, family, and friends of Little League with real-time weather, severe weather alerts, and personalized lightning detection to help stay safer during practice and ballgames this season.

Little League® WeatherBug is available for download on both [Google Play](#) and the [iTunes App Store](#) for free. Watch the new short video about lightning and weather safety and see the app in action: <https://www.youtube.com/watch?v=3NEHtSxybos>

Lightning Facts and Safety Procedures consider the following facts:

1. The average lightning stroke is 6 - 8 miles long.
2. The average thunderstorm is 6 -10 miles wide and travels at a rate of 25 miles per hour.
3. Once the leading edge of thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud.
4. On average, thunder can only be heard over a distance of 3 - 4 miles, depending on humidity, terrain, and other factors. This means that by the time you hear the thunder, you are already in the risk area for lightning strikes.

Where to Go?

No place is safe from the lightning threat, but some places are safer than others are. Large enclosed shelters (substantially constructed buildings) are the safest (like our snack bars and press boxes). **For the majority of participants, the best area to seek shelter is in a fully enclosed metal vehicle with the windows rolled up.**

If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down, and put your hands over your ears (to try and prevent eardrum damage).

Where NOT to Go!!

Avoid high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, dugouts, flagpoles, light poles, bleachers (metal or wood), metal fences, and water.

What to do if someone is struck by lightning?

1. The person who has been struck will carry no electrical charge; therefore, they are safe to touch.
2. The first rule of emergency care is "make no more casualties". If the victim is in a high-risk area (open field, isolated tree, etc.) the rescuer should determine if movement from that area is necessary - lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.
3. Call 9-1-1 as soon as possible for help.
4. Check for burns to the body.
5. Give first aid as needed.
6. If breathing and/or heartbeat have stopped, perform CPR until EMS arrives.
7. Contact the league Safety Officer and the league President ASAP.

B. Heat Risk

Heat related illnesses

Players are constantly expending energy and depleting the moisture in their bodies. Even on a cool day, prolonged and vigorous exercise can cause dehydration.

- The warmer and more humid the weather, the shorter the time it takes to become dehydrated and/or overheated.
- The greatest danger of heat related illness is when a player becomes dehydrated and has lost the ability to sweat.

- Sweat provides natural cooling system for the body and if it stops working, the body quickly overheats and numerous life-threatening situations arise:
 - Kidney damage/failure
 - Brain damage – heat stroke
 - Circulatory compromise

Signs and Symptoms of Heat Exhaustion

- Profuse sweating
- Extremely reddened skin

Signs and Symptoms of Heat Stroke

- Sweating stops – skin is dry, red, and very hot.
- Altered mental status – confused, disoriented.
- Unconsciousness – call 911

Preventative Measures

- Make sure all players have their own water bottle at every practice and game.
- Take frequent water breaks – more often as the weather gets hotter.
- Drink at least five (5) ounces of water every 15-20 minutes while active.
- Look for extreme or profuse sweating. Act quickly if sweating stops altogether.

First Aid for Heat

- Call 911 if the victim has an altered mental state or is in distress. Err on the side of caution.
- Get the victim out of the heat and into a shaded area.
- Remove excess clothing.
- Give cool liquids – preferably water.
- Use ice packs under the arms, along groin, on forehead.
- Pour water onto clothing to cool down as much of the body as possible.

C. Communicable Disease Risk

The following procedures should be followed when open wounds occur.

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Use gloves (provided in the First Aid kit) to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated.
- Immediately wash hands and other skin surface if contaminated with blood.
- Clean all blood-contaminated surfaces and equipment immediately to prevent possible transmission of communicable diseases.
- Practice proper disposal procedures for “sharps” and other contaminated material.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact.
- Use caution when handling bloody dressings, mouth guards and other articles containing bodily fluids. Ensure no unnecessary contact is made between people and the objects that

have been potentially contaminated with bodily fluids. Dispose of such materials safely. If in doubt, consult with emergency medical technicians regarding disposal procedures.

D. The Heimlich maneuver

The Heimlich maneuver is an emergency method of removing food or foreign objects from the airway to prevent suffocation. When approaching a choking person, one who is still conscious, ask: "Can you cough? Can you speak?" If the person can speak or cough, do not perform the Heimlich maneuver or pat them on the back. Encourage them to cough.

To perform the Heimlich:

1. Grasp the choking person from behind.
2. Place a fist, thumb side in, just below the person's breastbone (sternum), but above the naval.
3. Wrap second hand firmly over this fist.
4. Pull the fist firmly and abruptly into the top of the stomach.

*It is important to keep the fist below the chest bones and above the naval (belly button).

The procedure should be repeated until the airway is free from obstruction or until the person who is choking loses consciousness (goes limp). These will be violent thrusts, and must be repeated as many times as it takes to dislodge the obstruction.

For a child:

1. Place your hands at the top of the pelvis.
2. Put the thumb of your hand at the pelvis line.
3. Put the other hand on top of the first hand.
4. Pull forcefully back as many times as needed to get object out or the child becomes limp.

Most individuals are fine after the object is removed from the airway. However, occasionally the object will go into one of the lungs. If there is, a possibility that the foreign object was not expelled, immediate medical care should be sought. If the object cannot be removed completely by performing the Heimlich, immediate medical care should be sought.

F. Concussion Assessment and Guidelines. (The following guidance is from the U.S. Center For Disease Control and Prevention)

What is a Concussion? A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. *The CDC has created free tools and materials for youth and high school sports coaches, parents, athletes, teachers, school nurses, and health care professionals that provide important information on preventing, recognizing, and responding to a concussion.*

Proper training is key to prevention and post injury care. The following should be considered:

- Understand a concussion and the potential consequences of this injury.
- Recognize concussion signs and symptoms and how to respond.
- Learn about steps for returning to activity (play and school) after a concussion.
- Focus on prevention and preparedness to help keep athletes safe season-to-season.

Managers/Coaches should always err on the side of caution. If a concussion is suspected, remove the athlete from play. Do not let the emotions of the athlete, or the athletes parents, sway the decision to remove an athlete from play.

If a medical professional, Umpire in Chief, the player's coach, the player's manager, or the player's parent has determined a player sustains a possible concussion, the player must be, at a minimum, removed from the game and/or practice for the remainder of that day. (Regulation III (d) 2. NOTE 3.)

***Once a concussion is suspected/diagnosed, Manager/Coaches must have a release, in writing, from a qualified health care professional before allowing an athlete back onto the playing field for practice or games.**

For the most current information related to concussion, concussion signs and symptoms, concussion treatment and return to play procedures, see the East Granby / Granby Little League Web-site, "Health and Safety" Tab.

For additional information see: <https://www.cdc.gov/headsup/youthsports/training/index.html>

11. Facilities Management Safety

This section addresses the safe management of the concession stand and storage sheds.

A. Concession Stand

The Town of Granby, through the Granby Parks and Recreation Department, operates, maintains, and hires the employees that manage the concession stand at Salmon Brook Park.

During the 2020 baseball season, Zen Catering will be operating the concession stand at Salmon Brook Park. Concessions fall under the purview of Granby Parks and Recreation.

B. Storage Shed Procedures

The following applies to all of the storage sheds used by East Granby Granby Little League and apply to anyone who has been issued a key/combo to use those sheds.

All individuals with access to the EGGLL equipment sheds are responsible for the following:

- The orderly and safe storage of all equipment stored.
- Reading operator manuals and being familiar and trained regarding the use of machinery and any equipment before using.
- Ensure unauthorized individuals have access and/or use equipment.
- Ensuring that no minors use machinery.
- Ensuring that, with regard to chemicals:
 - All chemicals or organic materials stored in Granby Little League sheds shall be properly marked and labeled regarding contents and applicable warnings.
 - All chemicals must be accompanied by applicable Safety Data Sheets (SDS). The **SDS** includes **information** such as the properties of each chemical; the physical, health, and environmental health hazards; protective measures; and safety precautions for handling, storing, and transporting the chemical. The **information** contained in the **SDS** must be in English Safety Officer will be responsible for supplying and maintaining applicable SDS sheets.

- All chemicals or organic materials (i.e., lime, fertilizer, etc.) stored within these equipment sheds will be separated from the areas used to store machinery and gardening equipment (i.e., rakes, shovels, etc.) to minimize the risk of puncturing storage containers. ‘
- Any "loose" chemicals or organic materials within the sheds are cleaned up and disposed of as soon as possible to prevent accidental poisoning.

12. Facilities Survey

At the beginning of each new Little League Season, the Facility Survey, along with the EGGLL ASAP, is completed and submitted to Little League International. You may contact the Safety Officer, Chris Perry at 413-563-9818 or cpmep2@att.net with any questions regarding the facility survey

13. Safety Statistics (Accident/Incident Reports)

In 2016, 2 incident reports were filed

In 2017, 3 incident reports were filed

In 2018, 7 incident reports were filed

In 2019, 5 incident reports were filled

In 2020, 1 incident reports were filled

14. Concession Stand

The concession stand coordinator, has been trained and certified as qualified Food Operators by the Farmington Valley Health District, along with several parent volunteers. In addition, the Farmington Valley Health District on an annual basis inspects the concession stand.

The following information is intended to help you run a healthful concession stand. Following these simple guidelines will help minimize the risk of foodborne illness.

- **Menu:** Keeping the menu simple; currently we offer prepackage snacks and drinks. We offer a limited prepared food menu, including hot dogs, and all menu items and changes regarding prepared foods are approved by the FVHD prior to serving.
- **Cooking:** Hot Dogs are prepared on a grill, which is sanitized per FVHD instructions. All food is cooked to safe temperatures and is cooked to order and served immediately – no extras are cooked.
- **Hand Washing:** A hand-wash station is set up per FVHD instructions. Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease therefore concession stand workers are expected to wash hands frequently. The use of disposable gloves is also encouraged as they can provide an additional barrier to contamination, but there is no substitute for hand washing! (See **Hand washing Guidelines**)
- **Food Handling:** Touching food with bare hands can transfer germs to food. Do not handle food and money.
- **Health and Hygiene:** Only healthy volunteers should prepare and serve food. Volunteers should wear clean outer garments and should not smoke, eat or bring pets in the concession area. The use of hair restraints is recommended.

- **Cooling and Cold Storage:** A refrigerator thermometer is used to ensure safe cold holding temperatures. The manager of the Snack Shack will check the temperature of the refrigerator and freezer periodically to see if the food is cooling properly.
- **Dishwashing:** Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Any serving items should be washed in hot soapy water, rinsed and sanitized well with clean water and dried with a clean paper towel or allowed to air dry.
- **Wiping Cloths:** Disposable towels and appropriate sanitizing solutions will be used to keep work area clean. Well-sanitized work surfaces prevent cross-contamination and discourage flies.
- **Insect Control and Waste:** Pesticides are NOT to be kept in the concession stand. Garbage is to be removed at the end of each shift. All washable surfaces are cleaned and sanitized prior to exiting the concession stand.
- **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 and dispose of the garbage properly. Do Not leave it in the concession stand.

US Centers for Disease Control and Prevention (CDC), list these circumstances as the most likely to lead to illness. Check this list to make sure your concession stand has covered these common causes of foodborne illness.

- Inadequate cooling and cold holding.
- Preparing food too far in advance for service
- Poor personal hygiene and infected personnel
- Inadequate reheating.
- Inadequate hot holding
- Contaminated raw foods and ingredients

The coordinators of the Concession Stands have completed a food service course by the Farmington Valley Health District and are qualified Food Operators. These Coordinators are responsible for training and monitoring the volunteers who assist in the concession stands.

Food Management Guidelines including Hand washing Technique and Procedure for the Heimlich maneuver are included for all the volunteers to review.

Emergency and board member phone numbers are to be posted in the Concession Stands and a copy of the safety manual will be available.

Hand Washing Guidelines

- Use soap and warm water.
- Rub your hands vigorously as you wash them.
- Wash all surfaces including the backs of hands, wrists, between fingers and under fingernails.
- Rinse your hands well. Allow the water to flow from your elbow to fingertips.
- Dry hands with a paper towel.
- Turn off the water using a paper towel, instead of your bare hands.
- Properly dispose of used paper towel
- Wash your hands in this fashion before you begin work and frequently during the day, especially after performing any of these activities:
 - Handling money
 - Before and after using disposable gloves
 - Touching bare human body parts other than clean hands and clean, exposed portions of arms.
 - Using the restroom.

- Caring for, or handling animals or small children.
- Coughing, sneezing, and using a handkerchief or disposable tissue.
- Handling soiled surfaces, equipment or utensils.
- Drinking, using tobacco, or eating.
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.
- When switching between working with raw food and working with ready-to-eat food.
- Directly before touching ready-to-eat food or food contact surfaces.
- Engaging in activities that contaminate hands.

15. Training / Background Check FAQ's

FAQs

Frequently Asked Questions (and the Answers) Regarding Training

Q: If I want to coach within the East Granby / Granby Little League, what training requirements are there?

A:Section 7. Of this document outlines the expectations and requirements. To summarize: (1) if you are a new coach you must attend an EGGLL sponsored coaching clinic. (2) You must receive first aid training, to include concussion specific training, every three years. (3) You must receive recent coaches training every three years. (4) You must submit the Little League volunteer application through the secure JDP website. (5) You must either be approved as a manager (head coach) by the EGGLL board or selected as an assistant (coach) by one of the managers with the approval of the league's Commissioner and Safety Officer.

Q: I'm just an assistant coach. What are the requirements for that?

A:The same. Managers (also called "head coaches") and assistants (also called "coaches") have the same requirements, listed above.

Q: Why is EGGLL being so strict?

A: National Little League's rules have gotten stricter. EGGLL does believe it makes sense to move forward with the national requirements in an attempt to assure the safety of the kids and maintain a well-trained coaching staff. We've avoided any training that would cost you money and we have tried to provide a few alternatives for meeting the requirements and strike a good balance of solid training without being unduly cumbersome.

Q: How Can I stay up-to-date and receive automated news from Little League International?

A:Sign up for Little League E-News. (<http://www.littleleague.org/learn/JoinMailingList.htm>)

Q: During the online filing process J. D. Palatine's website is asking for my driver's license and social security numbers, am I required to give these details?

A:YES. In order to perform background check to Little League International standards, a driver's license and social security number is required and mandatory.

Q: Why is it necessary for EGGLL to be so strict in conducting background checks for ALL volunteers?

A: East Granby / Granby Little League's (and Little League International's) top priority is the safety of our kids. To support this goal, and to comply with Little League Charter and Safety guidelines, East Granby / Granby Little League must enforce the Volunteer Background Check policy.

16. Safety Promotion and Continuous Improvement

Planning

For the 2021 season, the league has put an emphasis on field conditions and made it a priority to have the best playing conditions for the players in the league. The league has improved the infields on three of the main fields by re-cutting the infield portion, replacing the infield grass and completely redoing the pitching mounds. In addition, the league has evaluated and replaced any fence toppings that were deemed in poor condition and replaced several scorers' boxes with more accessible equipment sheds.

The league has improvement plans that include a complete remodel of another baseball field, improved dugouts, and improved mounds and increased space for bullpen pitchers and catchers. The league will continue to look for additional improvement and safety upgrades throughout the season.

For the 2021 season has adopted and instituted Little League Child Protection Program and SafeSport Act Policy (see below)

East Granby / Granby Little League (EGGLL) Child Protection Program and SafeSport Act Policy

INTRODUCTION

The safety and well-being of all participants in the EGGLL program is paramount. The [Little League Child Protection Program](#) is a diverse effort by Little League Baseball and Softball to help create a safe and healthy environment for its Little Leaguers. As adults, we want to ensure that the young people playing in the Little League program can grow up happy, healthy, and above all, safe. Whether they are our children or the children of others, each of us has a responsibility to protect them. In 2018, the "Protecting Young Victims from Sexual Abuse and SafeSport Authorization Act of 2017" went into effect by the Federal Government. Generally referred to as the [SafeSport](#) law, this national law makes it a crime for an individual involved in a national governing body sports organization, including Little League, to ignore, or not report to law enforcement, any reason to suspect an act of child abuse, including sexual abuse, within 24 hours.

EGGLL VOLUNTEERS

Beginning immediately, all volunteers of the EGGLL are considered mandated reporters. All EGGLL volunteers are obligated to report to proper authorities any reason to suspect an act of child abuse, including sexual abuse, within 24 hours. After contacting proper authorities, EGGLL volunteers also need to report their contact with authorities to the EGGLL President, VPs of Baseball/Softball, Safety Officer, and Player Agents of Baseball/Softball. EGGLL volunteers who do not report suspected abuse could potentially face criminal charges if the individual / league chooses to ignore, or not report

to the proper authorities, any reason to suspect an act of child abuse, including sexual abuse, within 24 hours.

GOOD FAITH REPORTING

The EGGLL's Little League Child Protection and Safe Sport Act Policy prohibits retaliation on "good faith" reports of child abuse reported by any approved volunteer of the EGGLL. Any attempts by any individual to retaliate against any whistleblower who reports in "good faith" will be prosecuted according to Connecticut state law.

COACHES CONDUCT

Managers, coaches and all league volunteers should avoid or minimize one-on-one contact with a minor at all times. Anytime a minor is dropped off before or after a game / practice by a parent or guardian, 2 adult league approved volunteers should be present.

ADDITIONAL TRAINING

The EGGLL highly recommends and encourages approved volunteers to complete the Abuse Awareness training provided by USA Baseball and SafeSport. However, this training is not required to be a volunteer in the EGGLL. Training information can be found at the link below and there is no cost for this training. Access this training at:

<https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>

The EGGLL recommends that you review the proper procedures to report sexual abuse in their state.

Below is state specific information for Connecticut.

Additional information can be found at: LittleLeague.org/ChildAbuse.

- Connecticut

Under Connecticut law, certain listed professionals (including doctors or other health care professionals and employees, mental health professionals or counselors, school employees, social workers, probation officers, law enforcement officers, clergy, domestic violence or sexual assault counselors, day care or child care employees, foster parents, employees of the state Department of Public Health and the Department of Children and Families, any employee of the Office of Early Childhood who is responsible for the licensing of child day care centers, group day care homes, family day care homes or youth camps, child advocates, any coach who is 18 years old or older, of intramural or interscholastic athletics, any coach or director of youth athletics who is 18 years old or older, any coach or director of a private youth sports organization, league or team who is 18 years old or older and any paid administrator, faculty, staff, athletic director, athletic coach or athletic trainer employed by a public or private institution of higher education who is 18 years old or older, excluding student employees, any person who is a licensed behavior analyst, and other named professionals) are required to report orally (by phone or in person) any known or suspected child abuse they encounter in the ordinary course of their employment or profession to the Commissioner of Children and Families or to a local law enforcement agency not later than twelve hours after they have cause to know of or suspect child abuse. Then, these professionals are also required to file a written report of the known or suspected abuse to the Commissioner of Children and Families within 48 hours after making the oral report.

The Connecticut Child Abuse and Neglect Hotline operates **24 hours a day, seven days a week.**

Connecticut strongly encourages anyone who suspects that a child has been abused or neglected or is in danger of abuse or neglect to call the Hotline at:

1-800-842-2288 or TDD: 1-800-624-5518

17. COVID-19 Guidelines for 2021 Season

EGGLL Guidelines & Procedures MUST be followed at all times during EGGLL little league activities for the 2021 season.

Consistent with the State of Connecticut Department of Public Health Phase Two Point One (2.1) Re-Opening plan, Little League events will be limited to a maximum of five hundred (500) people, INCLUDING SPECTATORS.

If you have any questions about the EGGLL Guidelines and Procedures, please contact EGGLL Safety Officer, Christopher Perry at cpmep2@att.net.

I. HEALTH PROTECTIONS & GUIDELINES

EGGLL will operate on a ZERO TOLERANCE policy in terms of at-risk health factors.

The following guidelines apply to managers, assistant coaches, umpires, players and all EGGLL volunteers and Spectators.

Individuals suffering from the symptoms referenced below should remain home and should not attend any league activities, including practices or games.

- Additionally, any manager, assistant coach, umpire, player, team volunteer or spectator who exhibits the symptoms referenced below after arriving at a little league activity shall immediately leave that activity and refrain from involvement in any team activities until cleared by medical personnel.

COVID-19 Typical Symptoms

- Cough
- Fever
- Shortness of Breath
- Sore Throat

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Other At-Risk Factors

- Have exhibited signs of a fever or a measured temperature above 100.3 degrees or greater, a cough or trouble breathing within the past 24 hours.
- Have had "close contact" with an individual diagnosed with COVID-19.
- "Close contact" means living in the same household as a person who has tested positive for COVID-19, caring for a person who has tested positive for COVID-19, being within 6 feet of a person who has tested positive for COVID-19 for about 15 minutes, or coming in direct contact with secretions (e.g., sharing utensils, being coughed on) from a person who has tested positive for COVID-19, while that person was symptomatic.

- Have been asked to self-isolate or quarantine by their doctor or a local public health official.
- Any player or volunteer who begins feeling any of the symptoms referenced above after you have arrived at a league activity, must report this to your manager or assistant coach and MUST leave the field immediately.
- If you notice a parent, volunteer, umpire and/or player showing signs and/or complaining about such symptoms, he or she should be asked to leave the field immediately.

II. REQUIREMENTS OF GAME/PRACTICE PLAY

- Prior to all games, Managers from both teams are required to conduct a symptom assessment by inquiring of all assistant coaches, team volunteers and players about whether they have exhibited any of the above referenced COVID-19 symptoms. If any assistant coaches, team volunteers and players report that they have exhibited any of the following symptoms, the Manager MUST immediately ask the individual or individuals to leave the field immediately.
- Prior to all games, umpires shall inquire with Managers from both teams whether they have inquired of all assistant coaches, team volunteers and players about whether they have exhibited any of the above referenced COVID-19 symptoms. The manager must report to the umpire the status of said inquiry and whether any remedial measures have been taken as a result
- Any individual exhibiting the symptoms referenced above shall not to return to any little league event until cleared by a medical professional.
- EGGLL will schedule all PRACTICES with at least a fifteen (15) minute buffer to prevent overlap of participants and allow for time to clean and disinfect commonly used items and surfaces.
- EGGLL will schedule all GAMES with at least a fifteen (15) minute buffer to prevent overlap of participants and allow for time to clean and disinfect commonly used items and surfaces.
- Dugouts will be open to practice and game participants, but ONLY to the extent that participants are able to remain six (6) feet apart at all times.
- Fans and spectators are will be allowed to sit in the stands during practices and gamers, but spectators must adhere to social distancing rules in the stands. Individuals are encouraged to bring their own chair or feel free to stand along the outfield fence, observing social distancing practices.
- When unable to easily, continuously and measurably keep six feet of physical distance from others, managers and assistant coaches are required to wear a face mask or cloth face covering.
- It is strongly advised that the home plate umpire should be masked during active baseball/softball competition.

- Players are required to wear cloth face coverings when not actively competing and close contact with others could be expected (i.e. in bench/dugout areas, in spectator area, starting line ups during warm up exercises, when traveling with others outside of your household, during team meetings, etc). *
- Additionally, face coverings shall not be required of those who are unable to comply for health or developmental reasons, including young children who may not be able to effectively wear a mask.
- Cohorting of athletes during practices to minimize the number of students requiring quarantine in the event a positive test result for an athlete or coach is received in any given week.

**DPH feels that the use of masks during athletic and other activities for “source control” (that is, to control the spread of respiratory droplets from the mouth and nose of the wearer) is necessary to protect participants, their families, and their school communities against the increasing risk of COVID19 infection. Of note, the latest guidance from the American Academy of Pediatrics (AAP) recommends that youth athletes wear cloth face coverings when they are on the sidelines, in the locker room, and traveling as well as during group training and active competition (except in pools, during active wrestling competitions, and while using certain gymnastics apparatus).⁴ The statement from AAP indicates that the coverings have been shown to be well-tolerated during exercise and can effectively prevent the spread of the virus that causes COVID-19. As with any COVID-19 mitigation strategy, if organizations or participant families feel that the use of masks during any athletic activities is either impractical, unadvisable, or undesirable for any reason, then those activities should be postponed until the requirement for mask use is no longer in place.*

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III. EGGLL PROHIBITIONS

- East Granby/Granby Little League will be prohibiting the following activities during the 2021 season
- Sportsmanship will be continued in a “touchless” manner. No handshakes, high fives, or any other forms of physical contact and/or personal contact celebrations will be permitted between players, managers, assistant coaches and volunteers either before, during or after any EGGLL practices or games.

EGGLL is prohibiting the sharing of the following items:

- Any type of rehydration devices (i.e. water bottles), unless sharing with a sibling
- The sharing of snacks will not be permitted, unless sharing with a sibling
- Any sports related equipment, including bats, batting gloves, gloves, helmets, wrist bands, hats, etc.

All managers, assistant coaches, umpires, players and all EGGLL volunteers are prohibited from spitting as spitting increases the potential for spread of COVID-19.

Players are not permitted to touch or move the personal belongings of others during practices, games or other EGGLL events.

Indoor team activities are prohibited by EGGLL.

IV. EGGLL RECOMMENDATIONS

When practical, EGGLL managers shall put forth their best efforts to maintain a minimum distance of 6-feet between all players, assistant coaches and volunteers.

• All fans and spectators attending games shall follow best social distancing practices – stay six feet away from individuals.

Pre and post-game team meeting, or team huddles are discouraged and should be kept to a minimum.

Managers will keep players in small groups at practices, when applicable, to allow for physical distancing.

Note: Throughout the 2021 season EGGLL will continue to adhere to the guidelines set forth by their respective state and local government and health officials in terms of public gatherings, organized youth sports, and sporting events when determining how and when to return to Little League activities.

If you observe a violation of these rules, and wish to report it, please contact the State of Connecticut hotline at 211.