

**NICEVILLE/VALPARAISO  
LITTLE LEAGUE**

**American/National League**

**2009 SAFETY MANUAL**

## **NVLL Safety Program Introduction**

Our 2009 Niceville/Valparaiso Little League season marks the eleventh year of our Safety Program. Little League, Williamsport, Pennsylvania, guides the program. The purpose of the program is to heighten safety awareness. We will train our managers and/or coaches in proper first aid. Player and parents will also be actively involved in the league safety training and prevention program. With proper training and increased awareness, the league hopes to prevent injuries from occurring. With all of us working together, our players will be safer. Thanks in advance for your cooperation.

Rick Quesenberry  
Safety Officer  
(850) 582-0153

## Niceville/Valparaiso Little League Safety Code

### Our #1 goal is accident prevention!

- Responsibility for safety procedures should be that of an adult member of the local league.(League Safety Officer)
- Make arrangements for emergency medical services before all games and practices.
- Train managers, coaches, and umpires in first-aid. First aid kit will be available at all fields. Each team will be issued a smaller first aid kit as well.
- First aid kits are required at each **GAME** and **PRACTICE**.
- No games or practices should be held when weather or field conditions are not good, particularly when field lighting is inadequate.
- Play area should be inspected frequently for holes, damage, glass and other foreign objects.
- Only players, managers, coaches, and umpires are permitted on the playing field during play and practice sessions.
- Responsibility for keeping bats and loose equipment off the field of play should be that of a regular player (or a coach), whose team is currently playing, assigned for this purpose.(registered players only...no “bat boys or girls”)
- All players should be alert and watch the batter every pitch during practice and games.
- Inspect equipment regularly and make sure it fits properly.
- Catcher must wear catcher’s helmet, mask, throat protector, shin guards, long model chest protector and protective supporter (boys) at all times (exception – see next item).
- Catcher must wear catcher’s helmet and mask with throat protector and protective supporter (boys) when warming up pitchers.
- Players must not wear watches, rings, pins, jewelry, or other metallic items.
- “Horse play” is not permitted on the playing field at any time.
- Distribute a copy of the applicable safety manual to all volunteers.
- Complete the **ANNUAL** Little League Facility Survey.
- Equipment manager will inspect equipment before each season.
- Managers and coaches will inspect equipment before each game or practice.

### **COACHES CLINIC & FIRST AID**

- Managers and coaches: one participant per team must attend coach’s clinic.
- Training qualifies volunteer for 3 years.
- One team representative required each year.
- First Aid class will be included in coach’s clinic.

# Niceville/Valparaiso Little League Emergency Safety Procedures

**BE SURE TO HAVE ALL YOUR ORIGINAL MEDICAL  
RELEASE FORMS WITH TEAM AT ALL TIMES**

## **In case of medical emergency:**

### **DO**

1. Give first aid and have someone call 911 immediately if an ambulance is necessary (i.e. severe injury, neck or head injury, not breathing – error on side of caution).
2. Notify parents immediately if they are not at scene.
3. Notify league safety officer by phone within 24 hours. (See page 9 of safety manual for phone numbers)
4. Fill out a Niceville/Valparaiso Little League Accident Report Form and deliver to Safety Officer mail box at Major League field within 24 hours. Copies of this form are included in this manual.
5. Talk to your team about the situation if it involves them. Often players are upset and worried when another player is injured. They need to feel safe and understand why the injury occurred.
6. Talk to any Niceville/Valparaiso Little League official you feel will be helpful (i.e. League Safety Officer, Player Agent, or League President).
7. Niceville/Valparaiso Little League insurance is supplemental to your own insurance policy. Claims must be filed with the help of the League Safety Officer.

### **DO NOT**

1. Administer any medication
2. Allow the player to move if a neck or back injury is suspected (wait for professional help to arrive)
3. Provide food or beverages other than water
4. Hesitate to give aid when it is needed
5. Be afraid to ask for help if you are not sure of the proper procedures
6. Transport injured individuals except in extreme emergencies
7. Leave an unattended child at a practice or a game
8. Hesitate to report any present or potential safety hazard to the League Safety Officer

**Remember Bites and Stings**

Bites or stings can be received from a number of different circumstances. Stings are usually caused by bees and other bugs. Bites can come from cats, dogs, spiders, ticks, bats, snakes, chiggers, ants or mosquitoes. All of these should be evaluated and treated when a player complains of a bite or sting. Many individuals are highly sensitive to stings that can cause them to develop breathing difficulties and very rapidly go into shock. This condition can be life threatening if not detected and treated as soon as possible. It is important that coaches and managers are aware of any members on their team that have reactions to stings and that the proper emergency equipment is available at all times.

## **Stings**

If a player complains of a sting, the manager or coach should look for:

1. Swelling in the area
2. Signs of allergic reactions (if any condition exists, call 9-1-1)
  - Nausea
  - Severe swelling
  - Breathing difficulties, including coughing and wheezing
  - Bluish face, lips, fingernails
  - Signs of shock
  - Unconsciousness
3. The stinger or venom sac still in the skin

## **Treatment**

### **Bee Stings**

1. Remove the stinger or venom sac with tweezers or by gently scraping with the fingernail or a knife. Do not squeeze the stinger or venom sac.
2. Wash the area and apply a Band-Aid to cover the area.
3. For multiple stings, soak area in cool water.
4. Check for allergic reactions (if any condition exists, call 9-1-1).

### **Ant Bites**

1. Wash area thoroughly with clean water.
2. Apply sting lotion or a paste made of baking soda and water.
3. Cover the bite with very cold water to avoid swelling.
4. Watch for any signs of an allergic reaction.

### **Animal Bites**

1. Control any bleeding that may occur. .
2. Flush the area with cool clean water.
3. Cover the area with a sterile pad or clean cloth.
4. Contact parents and notify police.

### **Snake Bites**

1. Get medical attention immediately (call 9-1-1).
2. Keep the player calm and as still as possible.
3. Be alert for shock conditions

## **Contusions**

A contusion is commonly called a bruise and can be identified by a dark discoloration of the skin. The area in which the injury has occurred will become black and blue due to small blood vessels in the area rupturing and bleeding into the tissue around the injury. The bleeding may cause swelling, which is the second sign of a contusion.

The most common cause of a contusion for Little League players is being hit with the ball. Contusions can also be caused by being hit with the bat, a player falling and hitting the ground, sliding into another player or running into a hard object.

If a player complains of pain over an area after a hard blow, the manager or coach should:

1. Look for swelling in the area and/or discoloration of the body tissue in the area.
2. Feel the area for tenderness.
3. Have the player try to move the injured area. Try to determine how much pain is associated with the movement. Extreme pain could indicate a severe injury.
4. Pull a player from the game or practice if the contusion produces moderate to severe pain on movement.

### **Treatment**

1. Apply ice or a cold pack to the area.
2. Notify parents.
3. Recommend to the parent that a physician be contacted if the contusion is moderate or severe.

### **External Bleeding**

External bleeding from a player can be caused by many sources in Little League Baseball and Softball. A player being hit by a pitched ball, taking a bad hop in the infield or sliding into a base may cause bleeding. Communicable diseases are a major concern. Refer to the Infectious Disease Policy in this Safety Manual for policies established by the league which detail minimum requirements for disease control. Bleeding must be stopped as soon as possible. These instructions describe how to control or stop external bleeding. Managers and coaches should also observe the league's Infectious Disease Policy and utilize the first aid kits supplied by the league to each team.

### **Treatment**

1. Act quickly. Have the player lie down, if needed. Elevate the injured area higher than the heart, if possible.
2. Control bleeding by applying direct pressure on the wound with a sterile pad or cloth. Wear latex gloves and follow the league's Infectious Disease Policy.
3. Once bleeding is controlled, bandage the area firmly with clean bandages. Do not make them too tight.
4. If pressure is ineffective in stopping the bleeding – CALL 9-1-1. The bleeding can usually be controlled by applying strong finger pressure to one of the following pressure points:
  - Scalp: press thumb against the bone in front of the ear (pressure may be needed on both sides).

- Face: press fingers against hollow area of the jaw (pressure may be needed on both sides).
  - Neck: place thumb against the back of the neck against the vertebrae, slide three fingers to the side of the airway where the injury is located. Locate the pulsating artery, then squeeze it toward the thumb. Do not compress both sides of the neck.
  - Arm: Place flat side of finger in groove between muscles on the inner side of the arm. Place Thumb on the outside of the arm, press toward bone at a point halfway between the shoulder and elbow.
  - Hand: Place your thumb on the inner side of the wrist, press toward bone.
  - Leg: At the groin area where the legs and torso meet, press inner thigh against the bone with the fist or heel of the hand
5. Apply a tourniquet as a last resort.
6. Call 9-1-1 if it is an emergency.

## **Shock**

Shock occurs when the body's organs and tissues do not receive an adequate flow of blood. Inadequate blood flow deprives the organs and tissues of oxygen and allows the buildup of waste products. When the circulatory system is unable to get enough blood to the vital organs, the body goes into shock. Sometimes even a mild injury will lead to shock. The body starts shutting down. **Shock is a life-threatening medical emergency** and can result in serious damage or even death. If a person develops signs of shock, **CALL 911** or other emergency services and begin treatment immediately.

Signs of shock include:

- Cool, pale, clammy skin.
- Weak, rapid pulse.
- Shallow, rapid breathing.
- Low blood pressure.
- Thirst, nausea or vomiting.
- Confusion, anxiety, restlessness, irritability.
- Faintness, weakness, dizziness or loss of consciousness.

## **Treatment**

Prompt treatment can save the life of a person who is in shock. Try the following:

- Have the person lie down and elevate his or her legs 12 inches or more. If there is an injury to the head, neck, or chest, keep the legs flat. If the person vomits, roll the person to one side to let fluids drain from the mouth. Use care if there could be a spinal injury.
- Control any bleeding and splint any fractures.
- Keep the person warm but not hot. Place a blanket underneath the person, and cover him or her with a sheet or blanket, depending on the weather. If the person is in a hot place, try to keep the person cool.
- Take and record the person's pulse every 5 minutes.
- Comfort and reassure the person to relieve anxiety.
- Give victim no food or drink, even though he/she is likely to be thirsty.

## **Fractures**

Fractures (broken bones) are not a frequent injury in Little League Baseball and Softball. Many circumstances can cause a player to fracture a bone. A batter being hit by a pitched ball, an improper slide, a collision with another player or a fall while attempting a play are just a few of the situations that could cause a fracture. A fracture must be treated as a major injury mostly because the injured player will probably be in a great deal of discomfort and could go into shock.

### **Treatment**

1. Act quickly; treat for shock, if necessary.
2. Have someone notify parents.
3. Call 9-1-1 and get professional help immediately if the injury is in the back or neck. Keep the player still until EMT personnel arrive.
4. If the bone is suspected to be broken, but does not pierce the skin, place the limb in as natural a position as possible without causing discomfort to the player.
5. If the bone is piercing the skin (compound fracture), apply pressure to the appropriate pressure point to stop any bleeding that might occur. Do not straighten the limb, return to a natural position or replace bone fragments. Do not touch or attempt to clean the injury. Place a sterile pad or cloth firmly in place to cover the injury.
6. If the player must be moved, apply a splint or stabilize the area to prevent further damage. Use anything that will keep the bone from moving (broomsticks, boards, etc.). Pad splints with cotton, clothes or anything soft and clean. Tie the splints firmly, but not tightly. If the victim complains about numbness, the splint may be too tight.

## **Heat Illness**

The following measures should be taken to reduce the risk of heat illness during competition or practice:

1. Before the activity begins, drink 8 ounces of fluids.
2. During the activity, drink at least 4 ounces of fluids every 20 minutes.
3. After the activity, drink 16 ounces for every pound of weight lost.

### **EARLY SIGNS OF DEHYDRATION**

- Fatigue
- Loss of appetite
- Flushed skin
- Light-headedness
- Dark urine with strong odor

### **SEVERE SIGNS OF DEHYDRATION**

- Muscle spasms
- Sunken eyes/dim vision
- Clumsiness
- Delirium

## Prevention

As temperature and humidity go up, managers and coaches must encourage their players to drink adequate amounts of fluids. Plain water is best, but one of the salt-containing sports drinks is acceptable. Recommend to players that they get plenty of salt in their diet. Managers and coaches must pay attention to weather conditions. The danger zone is present whenever the temperature is above 90F or the humidity is above 95%. Give the players plenty of rest time in a cool area. Under these extreme conditions, no player should be allowed to catch more than three innings.

### **Report any cases of heat illness to the League President or the Safety Officer.**

Most severe heat illness can be divided into three categories depending on its severity: heat cramps, heat exhaustion and heat stroke. A summarization of these conditions appears below.

Type	Symptoms	Physical Findings
<b>Heat Cramps</b>	Muscle tightening and spasm with intense pain, usually in lower leg, but may be abdominal or rib cage.	Muscle spasms, either seen or felt, that usually does not respond to kneading or massage.
<b>Heat Exhaustion</b>	Severe fatigue, weakness, light headedness; may also include flu-like symptoms: headache, muscle aches, nausea, vomiting, diarrhea	<ul style="list-style-type: none"><li>• Elevated temperature (98.6 to 103 F)</li><li>• Elevated pulse rate</li><li>• Loss of consciousness is rare</li></ul>
<b>Heat Stroke</b>	Confusion, disorientation, some agitation in milder cases; there may be delirious behavior or coma, if severe.	<ul style="list-style-type: none"><li>• Temperature of at least 105F</li><li>• Hot, flushed, dry</li></ul>

Look and listen for any of the complaints noted on the chart above. Determine if there is a history of recent illness, especially if the player is taking medication. Feel for:

- Cool and damp skin, which might indicate heat exhaustion
- Warm and dry skin, which might indicate heat stroke
- Pulse

### **Treatment**

Move the player immediately out of the sun and into a shady area. If for some reason this is not possible, adults should stand close to the player to provide shade with their bodies.

#### **For heat cramps**

- Rest, cooling
- Gentle stretching
- Diluted salt solution (1 teaspoon salt to one quart water) by mouth

### **For heat exhaustion**

- Have the player lie down in a cool, shaded area, elevate feet and massage legs toward heart
- Diluted salt solution (1 teaspoon salt to one quart water) by mouth if the player is awake
- Call 9-1-1 for emergency medical assistance
- Notify parents
- Be alert for progression to heat stroke

### **For heat stroke**

#### **HEAT STROKE IS A LIFE-THREATENING EMERGENCY**

- Call 9-1-1 for emergency medical assistance
- Cool the body; remove clothing, pack in ice; wet and fan the victim
- Do not give beverages such as coffee, tea or soda
- Notify parents and league president or safety officer
- Do not try to force a player to drink fluids unless you are sure he/she is conscious.
- Allow the player to drink only if his eyes are open and he/she can hold the cup.

Children are more susceptible to heat illness than adults are, so managers and coaches need to be especially alert in the younger age groups. Heat exhaustion may lead to heat stroke, so it is important to treat heat exhaustion as quickly as possible. Heat stroke can be fatal. The outcome for the player is related to how quickly the body temperature can be brought down to a safe level.

### **Protection from the Sun**

The FDA has new labeling requirements; sunscreens cannot claim to have an SPF (Sun Protection Factor) greater than 30. Anything higher has little more UV protection. Not all sunscreens completely protect against UVA rays, even if the front of the label says so. The only way to know you are completely protected is to check the back of the label. Look for one of these three active ingredients: titanium dioxide, zinc oxide or parasol 1789 -- also known as avobenzone.

## **Sunscreens, Tanning Products and Sun Safety**

Skin damage from sunlight builds up with continued exposure, whether sunburn occurs or not. In addition to skin cancer and sunburn, effects related to premature aging can include wrinkling and, in time, an almost leathery appearance of the skin. Research also suggests that excessive exposure to UV radiation may interfere with the body's immune system.

Sunburn is associated with the shorter ultraviolet wavelengths, known as ultraviolet B (UVB). The longer wavelengths, known as ultraviolet A (UVA), however, can penetrate the skin and damage connective tissue at deeper levels, even if the skin's surface feels cool. It is important to limit exposure to both UVA and UVB.

Sunscreens play an important role as one part of a total program to reduce the harmful effects of the sun that first includes limiting sun exposure and wearing protective clothing. Sunscreens are labeled with SPF numbers. SPF stands for "Sun Protection Factor." The higher the SPF number, the more sunburn protection the product provides. Experts recommend using sunscreens with an SPF number of 15 or higher that also provide protection from UVA rays. Remember, sunscreen use alone will not prevent all of the possible harmful effects of the sun.

The effectiveness of a sunscreen is reduced if it is not applied in adequate amounts or if it is washed off, rubbed off, sweated off or otherwise removed. For maximum effectiveness, apply a sunscreen liberally before going outside and reapply it frequently on all sun-exposed skin. Unless otherwise stated on the label, a general rule of thumb is to apply 30 minutes before going outside and to reapply at least every two hours thereafter.

Remember that the sun's rays are the strongest from 10:00 a.m. to 4:00 p.m., especially during the late spring and summer. It is equally important to protect your eyes from the sun. Too much UV radiation can damage the cornea and lead to cataracts, a clouding of the lens of the eye that can cause blindness. Not all tinted glasses - even very dark ones - protect against UV radiation. The UV filtration results from an invisible chemical applied to the sunglasses. Check the label when choosing sunglasses in order to make sure that they provide protection against UV radiation.

### **Safety is everyone's job.**

Prevention is the key to reducing accidents. Report all hazardous conditions to Niceville/Valparaiso Little League Safety Officer or League President immediately. Don't play on a field that is not safe or with unsafe playing equipment. Be sure your players are fully equipped at all times, especially catchers and batters. Check your team's equipment often.

# Field Safety Checklist

**All umpires, managers, and coaches are responsible for checking field safety conditions before each game**

	Repairs Needed?			Repairs Needed?	
<b>Field Conditions</b>	Yes	No	<b>Catchers Equipment</b>	Yes	No
Backstop repair	___	___	Shin guard OK	___	___
Home plate repair	___	___	Helmets OK	___	___
Bases (secure)	___	___	Face mask OK	___	___
Bases repair	___	___	Throat protector OK	___	___
Pitchers mound	___	___	Catchers Mitt	___	___
Batters Box Level	___	___	Chest protector	___	___
Batters box marked	___	___			
Grass surface (even)	___	___			
Gopher holes	___	___			Repairs Needed?
Infield Fence repair	___	___	<b>Safety Equipment</b>	Yes	No
Outfield fence repair	___	___	First aid kit each team	___	___
Foul lines marked	___	___	Medical release forms	___	___
Coach's box level	___	___	Niceville/Valparaiso		
Coach's box marked	___	___	LL Safety Manual	___	___
Dirt needed	___	___	Injury report forms	___	___
<b>Dugouts</b>	Repairs Needed?		<b>Players Equipment</b>	Repairs Needed?	
	Yes	No		Yes	No
Fencing needs repair	___	___	Batting helmets OK	___	___
Bench needs repair	___	___	Jewelry removed	___	___
Roof needs repair	___	___	Bats inspected	___	___
Bat Racks	___	___	Shoes checked	___	___
Trash cans	___	___	Uniforms checked	___	___
Clean up needed	___	___	Little League patch	___	___
			Catchers'-support cup	___	___
<b>Spectator Areas</b>	Repairs Needed?				
	Yes	No			
Bleachers need repair	___	___			
Parking area safe	___	___			
Protective screens OK	___	___			
Bleachers clean	___	___			

# **Umpires and Coaches Commitment to Safety**

## **Before the Game Umpires and Coaches meet at home plate**

- Introduce plate umpire, base umpire, managers, and coaches
- Receive official lineup cards for each team
- Discuss any local playing rules (time limit, playing boundaries, etc.)
- Discuss the strike zone
- Discuss sportsmanship by the players
- Discuss the innings pitched by a pitcher rule
- Clarify calling the game due to darkness or weather ( rain, lighting, etc.)
- Inspect playing field for unsafe conditions
- Discuss legal pitching motions or balks
- Get two game balls from the concession stand
- Be sure players are not wearing any jewelry or metallic objects
- Be sure players are in full uniform – shirts tucked in and caps on
- Umpires inspect equipment for damage and to meet regulations
- Ensure games start promptly (on time). Note when game started

## **During the Game Umpires and Coaches**

- Encourage coaches to help speed play by having catchers and players on the bench prepared and ready to take field with two outs
- Make sure catchers are wearing the proper equipment
- Encourage everyone to think Safety First
- Continue to monitor field for safety and playability
- Pitchers warming up in bull pen must have a catcher wearing helmet, mask, throat protector, and protective supporter (boys).
- Keep game moving – eight pitches or one minute to warm up the pitcher between innings
- Make the calls loud and clear, signaling each call properly
- Umpires should be in position to make the call.
- No arguing of any call made by the umpire, especially judgment calls  
Managers are responsible for keeping their fans on their best behavior

# **Emergency Field Phone Locations**

<u>Park</u>	<u>Phone Location</u>	<u>Number</u>
Niceville Major League Field	Concession Stand	729-4073
Twin Oaks Complex	Concession Stand	729-4072
Valparaiso Minor-A Field	Concession Stand	678-3190

<b>IF POSSIBLE, MAKE SURE SOMEONE AT YOUR PRACTICE/GAME HAS A CELLULAR PHONE</b>
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## **Communicable Disease Procedures**

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk other blood borne infectious disease can be transmitted. Procedures for reducing the potential for transmission of infectious agents should include, but not limited to the following:

1. Bleeding must be stopped, the open wound covered and if there is any excessive amount of blood on the uniform it must be changed before athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1-100) or other disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Athletic trainer/coaches with bleeding or oozing skin should refrain from all direct athletic care until condition resolves.
7. Contaminated towels should be disposed of/disinfected properly.  
Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

# **Park Ranger/Concessions**

## **Park ranger Responsibilities:**

- Procure keys and lockbox from previous park ranger.
- Show at park 45 minutes prior to 1st game.
- Unlock concessions, bathrooms, and press box.
- Set up equipment as required (bases, lines, pitching machines, scoreboards, PA, lights, etc.)
- Brief concession workers on procedures and safety items.
- Enforce safety rules and other NVLL policies during games.
- Be available to settle disputes.
- Secure all equipment after last game
- Count concession money and secure lockbox
- Secure all facilities

## **Concessions:**

- Show 30 minutes prior to scheduled game start time.
- Talk to park ranger about policies, procedures, and safety.
- Review posted checklist confirming ranger's briefing.
- Find a replacement if a worker is unavailable for a scheduled shift!

## **Keep It Clean: Concession Stand Tips**

### **‘12 Steps to Safe and Sanitary Food Service Events’**

1. **Menu.** Keep your menu simple and keep potentially hazardous foods (meats, eggs, dairy products, protein salads, cut fruits and vegetables, etc.) to a minimum. Avoid using precooked foods or leftovers. Use only foods from approved sources, avoiding foods that have been prepared at home. *Complete control over your food, from source to service, is the key to safe, sanitary food service.*

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

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

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

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

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

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

8. **Dishwashing.** Use disposable utensils for food service. Keep your hands away from food contact surfaces and never reuse disposable dishware. Ideally, dishes and utensils should be washed in a four-step process:

1. Washing in hot soapy water,
2. Rinsing in clean water,
3. Chemical or heat sanitizing, and
4. Air drying.

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

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

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

12. **Food Storage and Cleanliness.** Keep foods stored at least six inches off the floor. After your event is finished, clean the concession area and discard unusable food. *(Remember: Training your concession stand volunteers is one of the 13 requirements for a qualified safety plan.)*

### **Top Six Causes**

From past experience, the 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 food-borne 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.**

**Niceville/Valparaiso Little League**  
**WEB SITE: [www.nvllb.org](http://www.nvllb.org)**  
**Phone Numbers**

Niceville Police (non-emergency)	729-4030
Valparaiso Police (non-emergency)	729-5400
Sheriffs Office	651-7400
Emergency	<b>911</b>

**NVLL Board Officers**

President	Paul Keith	729-2200
Vice-President #1	Mike McDorman	687-2099
Vice-President #2	Will Howell	855-4175
Secretary	Johnny Smith	279-6585
Treasurer	Renee Walker	678-2163
NVLL Player Agent	Joe Friedman	897-2351
Safety Officer	Rick Quesenberry	582-0153
Player Agent Pee-Wee	Ron Taylor	729-0838
Player Agents Minor-B	David Marshall	678-9207
Player Agent Minor-A	Ken Angell	678-2326
Player Agent Majors	Will Howell	897-2848
Player Agent Teen	Joe Friedman	897-2351
Player Agent Softball	Sharon Criddle	855-1917

**LOCAL RULES RELATING TO SAFETY**

Managers and coaches are responsible for the safety and behavior of their players on and around the field (including practice).

### **Attire**

Dress will be in accordance with LLB Rule 1.11 and only players' last names, as listed on registration cards, and sponsors will be allowed on uniforms.

Batting/catcher's helmets should not be painted unless approved by the manufacturer.

### **Pee-Wee**

The reduced impact (safety balls) will be used.

### **Minor B (machine-pitch)**

When a team is batting, two adult coaches and the adult pitcher (umpire) are permitted on the field. The coaches must remain in the coaching boxes at all times during play.

The "pitcher" on the team in the field does not pitch. He is a fielder only. He must begin each pitch at a distance from the plate even with the pitching machine with one foot touching the safety circle and the other foot outside the circle. For safety reasons, he cannot leave this position (even on an attempted bunt) until the ball exits the pitching machine. For safety reasons, no infielder may play closer than 30 feet away from the batter.

If any fielder enters the safety circle during a "live ball" situation or deflects (or throws) a live ball into the safety circle, the umpire will halt play and award the runner(s) the next base to which the base runner was headed. Additional bases may be awarded, per the umpire's judgment, for extra-base hits or intentional safety circle violations. "Entering the safety circle" includes stepping into, falling into, and/or placing one's hand or gloved hand inside the safety circle.

### **Majors and Below**

The double first base will be used to help avoid collisions between fielders and base runners.

### **All Leagues**

Disengage able bases are mandatory.

### **Batter Warm-up**

Warming up batters prior to a game using a batting stick, soft-toss, wiffle balls, or other means must be done within the field or batting cage. This warm-up shall not take place between fields at Twin Oaks. Additionally, pitching machines shall not be used on the field one-hour prior to a game. An on-deck batter is not permitted in Little League (except for Junior/Senior Leagues), but the first batter of each inning may take practice swings prior to his at bat. A batting stick is not permitted when taking these practice swings.

## **WEATHER**

## **In Florida weather changes quickly and can create unsafe playing conditions.**

### **Rain**

If it begins to rain:

1. Evaluate the strength of the rain. Is it a light drizzle or is it pouring?
2. Determine the direction the storm is moving.
3. Evaluate the playing field as it becomes more saturated.
4. Stop practice if the playing conditions become unsafe -- use common sense. If playing a game, consult with the other manager and the umpire to formulate a decision.

### **Lightning**

The average lightning stroke is 5-6 miles long with up to 30 million volts at 100,000 amps flow in less than a tenth of a second.

- The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour.
- Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud. This fact is the reason that many lightning deaths and injuries occur with clear skies overhead.
- On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on terrain, humidity and background noise around you.
- By the time you can hear the thunder, the storm has already approached to within 3-4 miles!

## **Lightning Policy**

The League shall monitor bad weather using a lightning detector. When lightning is detected within 8 miles everyone will clear the fields and seek shelter in a car or building. At Twin Oaks, the Park Ranger shall sound three blasts on the air horn to quickly clear the field. Dugouts will not be used as shelter from lightning. When lightning has not been detected within 8 miles for 20 minutes, the Park Ranger shall give the all clear signal (one long blast on the air horn).

Instructions for operating Lightning Detectors will be posted inside each concession stand.

## **OTHER RULES RELATING TO SAFETY**

### **Little league baseball statement on non-wood bats:**

Little League Baseball has received numerous inquiries from its volunteers and media regarding the safety of non-wood bats.

Recent innovations in metal alloys have allowed a reduction in the weight of some models of bats, while allowing the bats to remain in conformity with the length and diameter guidelines in the various divisions of Little League Baseball. Some volunteers and those in the media have raised questions about whether the weight of the bats used in Little League games should be limited, relative to the length.

Non-wood bats were first developed, partly through research by Little League, as a safer and more cost-effective alternative to wooden bats. Non-wood bats were first used in Little League in 1971, and have almost completely replaced wood bats in all divisions of play. Wood bats, which can break in half if not used properly, are now widely used only in professional baseball.

As a member of USA Baseball, the governing body for all amateur baseball in the U.S., Little League Baseball follows the recommendation of the USA Baseball Medical and Safety Advisory Committee. The position of the Advisory Committee is that further research and data needs to be collected before any changes are made to Little League rules regarding the weight of bats. There is currently no rule in any division of Little League Baseball that places a maximum or minimum limit on the weight of bats.

In conclusion, there appears to be no indication that would cause Little League to mandate a limit on the weight of bats, based on the most current facts. Statistics show that Little League's record on safety continues to be outstanding not only among youth sports, but in baseball and softball in particular.

### **Maximum Bat Length/Diameter Specifications in Little League Baseball**

	<i>Age Range</i>	<i>Max length</i>	<i>Max diameter</i>
<b>Baseball</b>	12 year olds and under	33 inches	2 1/4 inches
<b>Baseball</b>	13-16 year olds	34 inches	2 3/4 inches
<b>Baseball</b>	16-18 year olds	38 inches	2 3/4 inches

### **Pitching Distances**

	<i>Age Range</i>	<i>Distance</i>
<b>Baseball</b>	12 year olds and under	46 feet
<b>Baseball</b>	13 year olds and above	60 feet, 6 inches
<b>Baseball</b>	Junior League 13-15 year olds (optional)	54-foot

*For more information contact:*

*Lance Van Auken, Director of Publications and Media Relations*

*Little League Baseball International Headquarters 570-326-1921*

*Media E-mail: [media@littleleague.org](mailto:media@littleleague.org)*

**THE FOLLOWING LETTERS ARE TAKEN FROM LITTLE LEAGUE'S SAFETY NEWSLETTER "ASAP."**

**Painted Batting Helmets:**

*"I'm trying to locate specific information related to the topic of 'painted' batting helmets. Is there any reference in Little League regulations that prevents All-Star Teams from painting their helmets? I've had people come to me for information regarding this issue and cannot find any references to it. It's my understanding that helmets cannot be altered with paint due to the possibility of material incompatibility. If helmets are painted, will this void the warranty of the equipment? Please advise so that we can prepare our All-Star umpiring staff for the upcoming All-Star season."*

**Dale Johnson, Safety Officer  
Maryland District 5  
Rising Sun Community Little League**

Helmets should not be painted. According to information supplied by manufacturer Rawlings, applying paint to the surface of batting helmets could degrade the plastic, and will void the warranty. The correct paint to use is not available for retail sale. Any other paint than that authorized by the company may deteriorate the shell, risking the player's safety and voiding the warranty and company's liability. Although not a rule, since 1998 Little League has held the position that batting helmets not be painted, and recommends not using any that have been painted.

**Bat Sleeves:**

*"What is the position of Little League Baseball on the use of 'Bat Sleeves' (weighted lengths of hard material that slip over the bat. Clearly bat donuts are not allowed but we are unclear about these new sleeves."*

**Bill Needles  
Laguna Hills Little League**

Bat rasps, or sleeves, are designed in a different manner than the traditional bat donut. Donuts can be purchased for different sizes of bats, and were generally purchased for the bigger bats, so Little Leaguers would put them on, swing them, and the donut could slip over the barrel of the bat, and injure someone nearby. The bat sleeve just fits over the knob of the bat, and doesn't pose a risk of flying off the end of the barrel when it's being swung. So it is approved for use by all ages of players in Little League.

**Catcher's Masks:**

*“Many catchers are now wearing the hockey style masks. My understanding is they still need to wear a dangling throat protector as required by Little League rules. Some coaches claim they have been told they do not need the dangling throat protector. Question: Are any hockey style or other style catchers helmets approved for use without the dangling throat protector?”*

**Tom Howard, safety officer  
Howell Central Little League, Howell NJ**

ALL hockey style catchers masks are required to have an additional “dangling” style throat protector, as are all catchers’ masks, by Little League Rule (Rule 1.17):  
“...Catcher’s helmet must meet NOCSAE specifications and standards. All catchers must wear a mask, ‘dangling’ type throat protector and catcher’s helmet during practice, pitcher warm-up and games.” This piece protects the catcher’s vulnerable throat area from harm when the head is tipped back. Because of the danger to catchers from swinging bats, it is important that the critical head-neck area remain protected even while a catcher is following the flight of a foul ball.

### **Lightning:**

*“I have a couple of questions regarding electrical storms:*

- 1. As an electrical storm approaches, should a game be postponed, or is it acceptable for the kids to evacuate to automobiles to allow time for the storm to pass?*
- 2. Does Little League have any guidelines of electrical storms? What does Little League regard as ‘best practices?’*

**Dave Dancause, safety officer  
Cape Elizabeth, Maine, Little League**

As a general rule, equipment is available for tracking storms, like SkyScan, which makes it safer to play when clouds are threatening, stated Risk Management Director Dan Kirby. “You certainly don’t want kids exposed to the risk thunderstorms pose, even while waiting to see if a storm will miss you. Players and spectators shouldn’t be in the dug-out and shouldn’t be leaning against the fence, but should be evacuated to the safest place.” Inside a building or inside cars with windows rolled up is the best alternative to a building. How long you should wait depends on the storm itself, and how quickly it passes out of the area. If you don’t have a detector, you should wait at least until you can no longer see any lightning strikes. But remember: lightning strikes can be up to 10 miles apart, so err on the side of caution and safety in retaking the field.

### **Have a question or tip to share?**

**Call the ASAP Hotline: 800-811-7443, or e-mail: [asap@musco.com](mailto:asap@musco.com)**

### **Or write:**

**ASAP  
100 1st Ave.  
West Oskaloosa, IA 52577**

## COACH'S TIPS

### **Attitude**

An attitude of alertness, hustle and enthusiasm is recommended for the most efficient development of player skills as well as keeping the players focused, which leads to a safer little league program.

### **Warm-Up Drills**

Warming up before a practice session is a means of safeguarding youngsters from poor physical condition and lack of limbering up. This includes calisthenics and stretching. Use of the term "warming-up drills," refers to ball handling practice rather than calisthenics. There is a serious accident exposure due to misdirected balls. The following will reduce the danger of being struck by a misdirected ball:

1. All unauthorized people should remain off the field during drills.
2. Reduce the number of targets.
3. One of the best preventive measures is to stress that the eye must be kept on the ball. This concept should continuously be drilled into both adults and youngsters so that it becomes a reflex action
4. Throwing and catching drills should be set up with players in two lines facing one another.

Another danger from misdirected balls is the exposure of inexperienced batters to wild pitchers. The use of batter's helmets is a must. However, it does not justify permitting a potential pitcher throwing to an inexperienced batter until control is demonstrated.

### **Conditioning**

This important phase of Little League training has a direct bearing on developing a safe personal condition. Extensive studies on the effect of conditioning, commonly known as "warm-up," have demonstrated that the stretching and contracting of muscles just before an athletic activity improves general control of movements, coordination and alertness. Such drills also help develop the strength and stamina needed by the average youngster to compete with minimum accident exposure. These warm-up skills are most effective when the motions are patterned after natural baseball movements such as reaching for a ball, running and similar footwork. This is a good place also to "drive home" the basic safeguard of keeping the eye on the ball.

### **Safe Ball Handling**

Teach the following for safe ball handling of fly balls and grounders:

1. The player should never lose sight of a ball from the time it leaves the bat.
2. The player should keep the glove positioned and the body relaxed for a last split-second move.
3. An infielder can best be protected by an aggressive short-hop fielding play by always keeping the "nose pointed at the ball" and eyes glued on it. Also, if moving forward, the player is in a better position to make a throw.
4. Misjudging the flight of a batted ball may be corrected by drilling with fly balls that begin easy and become more difficult as a player's judgment and skill improves. Everyone should eventually be able to handle balls that go overhead.

### **Collisions**

Collisions result in more injuries than most other types of accidents. They are usually caused by errors of judgment or lack of teamwork between fielders. It is important to establish zones of defense to avoid collisions between players. It is particularly important when players are chasing high fly balls. Once the zones are established, play situation drills should be held until these zones and patterns become familiar to the players. The responsible player should call out the intentions in a loud voice to warn others away. Here are some general rules to follow:

1. The fielder at third base should catch all balls, which are reachable and are hit between third and the catcher.
2. The fielder at first base should catch all balls reachable, which are hit between second and the catcher.
3. The shortstop should call all balls reachable, which are hit behind third base.
4. The fielder at second base should catch all balls reachable, which are hit behind first base.
5. The shortstop has the responsibility for fly balls hit in the center of the diamond and in the area of second base. Since the glove is on the left hand it is easier for the shortstop than the fielder at second to catch fly balls over second base.
6. The centerfielder has the right of way in the outfield and should catch all balls which are reachable. Another player should take the ball if it is seen that it is not reachable by the centerfielder.
7. Outfielders should have priority over infielders for fly balls hit between them.
8. Priorities are not so easy to establish on ground balls, but most managers expect their base player to field all ground balls they can reach, cutting in front of the shortstop on slow hit grounders.
9. The catcher is expected to field all topped and bunted balls, which can be reached except when there is a force play or squeeze play at home plate.

### **Warning Track**

In addition to collisions between players, occasionally a player chasing a fly ball will crash into the fence. These accidents also can be controlled by suitable drill work. In this case it is simply a matter of giving the outfielders an opportunity to practice getting the feel of the warning track under their feet. They must learn to judge their distance from the fence and the probable point where the ball will come down. It would be worse than futile to not only miss catching the ball by a wide margin but also be injured by a collision with the fence.

### **Retrieving Balls**

Only persons who have been specifically assigned to that duty should retrieve balls that go out of the park. Such persons should be youngsters who can be relied on not to endanger themselves by climbing fences or getting into a scramble for possession of a ball.

### **Keep Grounds Clear**

Another duty that should be given to alert substitute players is the picking up of bats and proper placement in the rack. Clearing up other loose playing equipment should also be included in this assignment.

### **Sliding Safety**

As is the case with other baseball fundamentals, a correct slide is also a safe one. It is also advisable to guard against collision with a fielder and the possibility of a player being struck by a thrown ball as that player "hits the dirt." The following can make the learning period safer:

1. Long grass has been found to be better than a sand or sawdust pit to teach sliding.
2. The base must not be anchored down.
3. Sliding pads are recommended.
4. The player should make approaches at half speed and keep hands and feet in the air. Once committed to the slide, the player must not change strategy. Last minute hesitation causes most sliding injuries.
5. Tennis shoes are suggested for beginning sliding and tagging practice to avoid injury to the defensive player.
6. If the ground along the baselines becomes soft on a rainy day, such weather offers an excellent opportunity to have sliding drills.

### **Batter Safety**

A batter's greatest accident exposure is from the unsafe acts of others, namely wild pitches, which account for a major portion of all accidents. Again, the best defense is an alert, confident concentration on the ball. This type of injury is more prevalent in Regular than in Minor League play. Since the danger is increased as pitchers learn to throw with greater force and as more games are played, it is doubly important to take whatever counter measures necessary to offset this exposure.

1. A well-fitted, NOCSAE approved helmet is the first requirement.
2. The development of the novice batter's ability to take evasive action can be improved by getting the player to relax and concentrate on the ball from the time the pitcher starts delivery until it lands in the catcher's mitt. Players with slow reflexes can also be helped by stimulated batting and ducking practice with a tennis ball.
3. The unsportsmanlike practice of crowding the plate or jumping around to rattle the pitcher must not be tolerated. This could endanger the batter if it causes the pitcher to lose control. Umpires should stop such actions.
4. Making sure the batter holds the bat correctly when bunting can reduce painful finger and hand injuries. Youngsters have a tendency to lean too far over the plate and not keep the ball well out toward the end of the bat. This should be corrected.
5. When the batter becomes a base runner, that player should be taught to run outside the foul lines when going from home plate to first and from third to home, to reduce the chance of being hit by a thrown ball.

### **Safe Handling of Bats**

The most easily prevented type of accident is the too frequent fault of beginners throwing the bat while running to first base. This unthinking act may be corrected through individual instruction to drop the bat safely by:

1. Having the player hand the bat to the coach will serve as a reminder before each ball is pitched.
2. Having the player drop the bat in a marked-off circle near where running starts.
3. Counting the player, "out" in practice whenever the player fails to drop the bat correctly.
4. Providing bats with grips that are not slippery..
5. Coaches and umpires should be on the alert to correct batters that have a tendency to step into the catcher as they swing.

### **A Dangerous Weapon**

An accident that may sound impossible but which has caused several very serious accidents is an absent-minded youngster who unconsciously walks into the swing of the coach's bat when the coach is hitting flies, or the equally unwary player who walks into the swing of a player warming up with the. The player, usually a catcher, assigned to catching balls for the coach hitting flies should be given the specific assignment of warning away anyone who comes too close. The ingrained safety habit of keeping clear may save someone a painful injury.

### **Catcher Safety**

The catcher, as might be expected from the amount of action involved has more accidents than any other player. Statistics show that the severity of injuries is less in Major, Junior, and Senior Leagues than in Minor League play. Again, this bears out the fact that the more proficient the player, the less chance of injury. Assuming that the catcher is wearing the required protection the greatest exposure is to the ungloved hand. The catcher must learn to

1. Keep it relaxed.
2. Always have the back of the throwing hand toward the pitcher when in position to catch.
3. Hold all fingers in a cupped position near the mitt, ready to trap the ball and throw it.
4. The catcher should also be taught to throw the mask and catcher's helmet in the direction opposite the approach in going for a high fly.
5. As the catcher learns to play this difficult position, a good habit is to keep a safe distance back from the swinging bat. Estimate this as one foot farther from the batter than the ends of the outstretched fingers.
6. To repeat, the best protection is keeping the eye on the ball.

### **General Inattention**

Going one step back to the "whys" of most ball handling accidents, it appears that inattention due to inaction or boredom is an underlying accident cause with which we must deal. This situation can be partly offset by using idle time to practice basics of skillful and safe play, such as:

1. Otherwise idle fielders should be encouraged to "talk it up." Plenty of chatter encourages hustle and enthusiasm.
2. Players waiting for a game or practice to start can pair off and play catch to improve their basic eye-on-the ball technique.
3. Practice should include plenty of variety in the drill work.
4. Put a time limit on each drill and do not hold the total practice for more than two hours. Cut practice short if interest begins to lag.
5. Idle players along the sidelines can be given the job of studying the form of other players to improve their own techniques. They may then report on what they have learned to improve their own form on running, ball handling, throwing, batting and sliding.

### **Control of Horseplay**

No discussion of measures to control the human element in accident-prevention would be complete without going into the problem of horseplay. This includes any type of youthful high jinks that could even remotely be the cause of an accident. Even a mild form of such childish behavior could distract any player about to catch a ball or possibly when at bat, and result in an accident. After all -- team play requires 100% cooperation among all players, and good sportsmanship demands courtesy to opposing players. If show-offs and smart-alecks cannot find sufficient outlet for their high spirits in the game, quick and impartial disciplinary action must be taken.

### **Physical Checkups**

An important way that physical checkups can prevent accidents is obtaining a medical release to play ball after a player has recovered from an accident. If this final medical checkup is for evaluation of the player's recovery from an injury covered by "accident insurance," the cost can be charged against the original claim.

Little League Regulation III (d) states, "When a player misses more than seven (7) continuous days of participation for an illness or injury, a physician or other accredited medical provider must give written permission for a return to full baseball/softball activity."

## **VOLUNTEER APPLICATION FORMS**

All managers, coaches, board members, umpires, concession helpers and any other person who comes in repeated contact with the children of the Little League Program will fill out and return to the local league a volunteer application form. The volunteer will be agreeing to a background check by signing the application. It is the responsibility of the safety officer or a board-approved individual to ensure that all forms have been turned into the local league.

Each league shall conduct an annual background check on all personnel that are required to complete a “Little League Volunteer Application” prior to the applicant assuming his/her duties for the current season. No local league shall permit any person to participate in any manner, whose background check reveals a conviction or guilty plea for any crime involving or against a minor. A local league may prohibit any individual from participating as a volunteer or hired worker, if the league deems the individual unfit to work with minors.

The local league using the information supplied on the application form will do a background check to comply with the policy of Little League Baseball. The local league must conduct a nationwide search that contains the applicable government sex offender registry data. (Note: The United States Department of Justice National Sex Offender Public Registry is free and available at [www.nsopr.gov](http://www.nsopr.gov). Information on conducting a more thorough background check at a nominal cost can be found on the Little League website, or at <http://littleleague.choicepoint.com>.) If no sex offender registries exist in a province or country outside the United States the local league must conduct the more extensive of a country, province or city- wide criminal background check through the appropriate governmental agency unless prohibited by law.

Failure to comply with this regulation 1c may result in the suspension or revocation of tournament privileges and/or the local league’s charter by action of the Charter or Tournament Committee in Williamsport. If a local league becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the local league must contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the local league shall not permit the individual to participate in any manner.

**This Little League uses the US Department of Justice National Sex Offender Public Registry([www.nsopr.gov](http://www.nsopr.gov)) to verify ALL volunteers meet the requirements of Little LeagueInternational’s background check.**

<b>Niceville Little League</b>		
<b>DOES</b>	<b>DOES NOT</b>	
		Use <b>Choicepoint.com</b> as recommended in the <i>Highly Recommended Ideas</i> portion of the <b>Qualified Safety Plan Recommendations</b> , item #14.

