



Mountain Valley Little League
Olive-Shandaken-Woodstock

ID# 016-87-59

Safety Plan 2025

Emergency Contact Numbers

Emergency (Police/Fire/EMS): 911
Poison Control: (800) 222-1222

Mountain Valley Little League Board of Directors

President:	Terry Speck	484-388-9745
Vice President:	Aaron Bennett	845-332-2202
Information Officer:	Ben Umanov	646-704-4474
Treasurer:	Elise Collins	845-399-7000
Secretary:	Geodarna Constant	617-957-3636
Safety Officer:	Jacob Millman	845-594-8024
Softball Coordinator	Kristen Lobb	845-532-5552
Tee Ball Coordinator:	Kayla Sharon	845-943-8435
Fundraising and Sponsorship:	Lisa Treasure	845-417-4481
Fundraising and Sponsorship:	Amanda Longo	845-443-5304
Player Agent:	Chris Constant	845-430-2157
Player Agent:	Tom Sharon	845-657-6194
Umpire-in-Chief:	Amanda Longo	845-443-5304
Coach Coordinator:	Aaron Bennett	914-466-5912
Concessions Manager:	Lisa Treasure	845-417-4481

Little League Officials

Little League District 16 Administrator: John Visconti 845-706-3375

District 16 Safety Officer: Art Cole 914-474-4340

Eastern Regional Administrator: Corey Wright 860-585-4730

Introduction

Mountain Valley Little League has prepared this manual by incorporating procedures on all facets of safety and distributes this to all Managers and Coaches. It has been registered and approved by Little League International and available to any parent of a player on request. This plan has been registered with Little League International and a copy of this plan is kept all Mountain Valley Little League fields as well.

The purpose and scope of this manual is to make the volunteer members of the Mountain Valley Little League understand that safety is an ongoing concern. The only way we can protect our players and adult members is to be ever vigilant in the pursuit of a safe season.

All league player registration data, roster, and coach/manager data is submitted to Little League and maintained with the Little League Data Center at www.LittleLeague.org

With the total commitment from the League, managers, coaches, players and parents, we work toward a 100% accident free season. All Managers and Board of Directors have been provided a copy of this plan.

League Responsibilities

MVLL

All participants shall follow local, state, and federal regulations to ensure all participants are doing everything possible to reduce the possible spread of COVID-19 in Little League sponsored events.

Child Protection

Since 2007, Little League Baseball mandates a nationwide background check on all returning and all new applicants. Mountain Valley Little League utilizes J.D. Palatine (jdpalatine.net) to check all volunteers for the Mountain Valley Little League.

No person may have any contact with children on our fields or in our concessions stand without having completed a current season Volunteer Application and submitting it along with copy of driver's license. Background checks are conducted on all volunteers through J.D. Palatine (jdpalatine.net)

All volunteers are required to pass a background check and must be approved by the Board of Directors of Mountain Valley Little League.

Mandatory Training & Continuing Education: Annually require all volunteers to complete the Little League Abuse Awareness Training. The league is responsible for ensuring all volunteers have completed the training.

- Beginning in 2025: The Little League Abuse Awareness Training, in compliance with Little League Regulation I(c)(10), is required to be completed annually by every individual before assuming any of his/her duties for the current season. The free Little League Abuse Awareness Training provides resources to create a positive and safe environment for all athletes, coaches, parents, legal guardians, and umpires by understanding how to recognize misconduct and abuse of all types. Topics covered include how to identify and report incidents and what abuse awareness policies should be in place. The interactive Abuse Awareness training should take approximately 45 minutes. The training can be accessed at <https://www.littleleague.org/university/articles/abuse-awareness-training-course/>

Coaches' Responsibilities

All Mountain Valley Little League managers and coaches are scheduled to attend fundamentals and safety training prior to start of season

- Every coach must follow all Little League rules as well as safety rules that Mountain Valley Little League sets forth.
- Keep an accurate count on pitches thrown in the game.
- Strongly discourage the use of breaking pitches.
- Always walk the field prior to any game or practice looking for any debris, foreign objects, or any other hazard.
- Keep team disciplined and organized
- Keep equipment clean and maintained
- Report all accidents immediately to the League on the accident /incident form supplied.
- Make sure coaches have available ice packs, first aid kits and cell phone communications if emergency help is necessary.
- Pay attention to weather conditions:
 - If there is any doubt regarding safety the game must be called immediately. If game stopped due to lightning, it may not be resumed until at least 30 minutes after having witnessed lightning.
- Make parents aware of all safety measures so that they can reinforce rules to their children.
- Medical history forms: one copy available for coaches at the field and one copy for League files.

Little League Volunteer Application - 2024
Do not use forms from past years. Use extra copies to complete if additional space is required.

This volunteer application should only be used if a League is actively seeking volunteers. All applicants must be at least 18 years old and must be a resident of the United States. All applicants must be U.S. citizens or permanent residents. All applicants must be U.S. citizens or permanent residents. All applicants must be U.S. citizens or permanent residents.

Required Fields are indicated.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
E-mail: _____
Occupation: _____
Experience: _____
Skills: _____
Special Skills/Training: _____
Background Check: _____

1. Do you have children in the program? Yes No
2. Do you have a valid driver's license? Yes No
3. Do you have a valid driver's license? Yes No
4. Do you have any other information that you would like to share with the League? Yes No
5. Do you have any other information that you would like to share with the League? Yes No
6. Do you have any other information that you would like to share with the League? Yes No

SKILLS SECTION

1. Manager Umpire Trainer Coach Other

LITTLE LEAGUE USE ONLY

Application Number: _____
Application Date: _____
Application Status: _____

Coaches Training

Coach's Fundamental training clinic to be held before the start of each season, covering all aspects of baseball and softball safety, including but not limited to the fundamentals of baseball/softball (i.e., hitting, sliding, fielding, pitching, etc.) as well as the fundamentals of first aid. Date and Time to be established and sent to all coaches after registration closes.

Coach's Safety, First Aid and AED Training: At least one representative from every regular season team must attend this training, to be held before the start of each season, ideally in conjunction with Coach's Fundamentals Training. Additional dates may be scheduled based on need and demand.

- Town Vice Presidents and a representative from each Mountain Valley Little League team will be required to attend.
- This training will also be offered to all board members, volunteers, umpires and parents at that time.
- Mountain Valley Little League requires attendance of at least one, and ideally all, coaches and/or managers from every team at the Fundamentals and Safety, First Aid and AED Training.

It is necessary for each Coach or Manager to attend at least one Safety Training Meeting at least once every two (2) years, but one team representative is still required to attend the Safety Training Meeting each year.

The Safety Officer will keep attendance records annually and equipment will not be distributed to teams that have not satisfied the required attendance and participation in the Safety Meeting.

There will be no athletic event taking place without a team representative who has satisfied this requirement present.

First Aid Training

First Aid/CPR/AED Training will be provided prior to start of season. Date and location TBD. Town Vice Presidents and a representative from each Mountain Valley Little League team will be required to attend. This training will also be offered to all board members, volunteers, umpires and parents at that time.

First Aid Do's

- 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

- Keep your "Prevention and Emergency Management of Little League Baseball and Softball Injuries" booklet 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 of swelling, or grating of broken bone. Have your players' Medical Clearance Forms with you at all games and practices.

First Aid Don'ts...

- Administer any medications
- Provide any food or beverages (other than water)
- Hesitate in giving aid when needed
- Be afraid to ask for help if not sure of the proper procedures (i.e., CPR, etc.)
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Safety Officer immediately.

Safety Code - Dedicated to Injury Prevention

- Responsibility for Safety procedures should be that of an adult member of Mountain Valley Little League.
- A copy of both Major and Minor League schedules are provided to Woodstock Emergency Dispatch, the Town of Olive Police and the Town of Shandaken Police. A coach from each team has received basic first responder training.
- First-aid kits are issued to each team manager and are located at all Mountain Valley Little League fields and should be readily available at each practice and game.
- No games or practices should be held when weather or field conditions are inclement, particularly when lighting is inadequate.
- Play area should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- All team equipment should be stored within the team dugout, behind fences or in equipment shacks, 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.

- During practice and games, all players should be alert and watching the batter on each pitch.
- During warm-up drills players should be spaced so that no one is endangered by wild throws or missed catches.
- All pre-game warm-ups should be performed within the confines of the playing field and not within areas that are frequented by, and thus endanger spectators (i.e., playing catch, pepper, swinging bats, etc.)
- Equipment should be inspected regularly for the condition of the equipment as well as for proper fit.
- Batters must wear Little League approved protective helmets during batting practice and games.
- Catcher 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. This applies between innings and in the bullpen, during a game and also during practices. (NO EXCEPTIONS)
- Managers should encourage all male players to wear protective cups and supporters for practices and games.
- 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.
- Parents of players who wear glasses should be encouraged to provide "safety glasses".
- Player must not wear watches, rings, pins or metallic items during games and practices.
- Managers and Coaches shall not warm up pitchers before or during a game.

Automated external defibrillators (AEDs)

Automated external defibrillators (AEDs) will be made available or reasonably accessible at every game or practice by mounting inside the concession stand at each field location, ideally just inside the entrance/door.

- Coaches have keys to the concession stands and each will be unlocked at the start of each game or practice to make certain that the AED is in place and accessible.
- Concession stand must be locked at the end of each game or practice.
- At least one member of the Mountain Valley League community (coach or volunteer), trained in the use of the AED and CPR, must be on hand for all games and practices.

This AED provides practical, real-time guidance through step-by-step voice commands and CPR guidance. Because the diagnosis of treatable rhythms is automated AEDs allow lay responders or bystanders to successfully conduct the procedure with little or no training at all. These devices are fail-safe and will not cause injury to the user, nor deliver a shock if not required.

Communicable Disease Procedures

1. Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
2. Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids is anticipated (provided in first-aid kit).
3. Immediately wash hands and other skin surfaces if contaminated with blood.
4. Clean all blood contaminated surfaces and equipment.
5. Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
6. Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.

Accident/Incident Reporting Procedure

What to report - An incident that causes any player, manager, coach, umpire, or volunteer to receive medical treatment and/or first aid must be reported to the Safety Coordinator. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report - All such incidents described above must be reported to the Leagues Safety Coordinator *within 48 hours* of the incident.

How to make the report – The injured player’s manager will notify the appropriate Safety Coordinator of the incident who will complete an Incident/Injury Tracking Report

Safety Coordinator’s Responsibilities - Within 48 hours of receiving the incident report, the Safety Coordinator will contact the injured party or the party’s parents to obtain the following:

1. Check on the status of the injured party
2. Verify the information received and obtain any other necessary
3. In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor’s visit, etc.)
4. The Safety Coordinator will advise the parent or guardian of the Mountain Valley Little League’s insurance coverage and the provisions for submitting any claims.

Buildings and Grounds

- Keep grass trimmed and dirt areas raked
- Use break-away bases on all fields.
- Maintain yellow safety capping atop fence rail
- Make sure all chemicals used on grass are non toxic
- Use proper clay mixture for infield use keeping clay loose and soft by constant maintenance and moisture.
- Keep pitchers mound and home plate free of holes.
- Inspect fields by Safety Officer weekly and daily by managers/umpires prior to games.
- Maintain a supply of tools and equipment to keep field in proper repair and clean.
- Replace or repair broken or defective equipment immediately.
- Keep all areas free of garbage and debris. Teams are responsible to discard trash in dugouts.
- Grounds keeping and mowing may not be done when children are present on field.
- Keep all fences in good repair and on inspection list to prevent:
 - Injury to players due to broken or loose fence wires
 - Unauthorized persons from entering
- All electrical outlets in kitchen and outside building must be GFCI protected

It is also our League's responsibility to ensure all Little League rules are closely adhered to in connection with all aspects of the game, equipment and safety practices. This can be accomplished by training all managers, coaches and umpires so they are all aware of the rules and the interpretations of the rules. A firm stance on conduct must be maintained at all times. Mountain Valley Little League policies on conduct adhere strictly to Little League Rules with no exception.

Equipment

The MVLL will ensure all teams have been provided with proper safety equipment for their team, including a properly stocked first aid kit and crushable ice packs and ensure a large inventory of all equipment on hand to replace defective or worn equipment.

Coaches must be trained to pay close attention to:

- Proper fit and adjustment condition
- Procedure to replace defective equipment

Via training, coaches umpires and League officials must be made aware of and enforce all safety regulations in the Little League Rules. Managers and coaches must know that any equipment purchased by parents must be inspected by a League official to assure compliance

Protectors for all pitchers are optional

- Proper helmets
- No Jewelry (except medical alerts)
- Extended chest protector
- Cup for male catchers
- Dangling throat protector
- Heart
- AAA minor league ages 9-12 must use RIF 10 ball
- AA minor league ages 7-8 must use RIF 5 ball
- T-Ball league to use Safe Tee ball
- T-Ball no bats allowed other than bats issued by league and matching Little League specifications.

Equipment Replacement Plan

Major League: At the end of every season every team shall inventory all equipment and file equipment inventory report with the League President. The report must be filled out accurately so that defective and obsolete equipment may be budgeted for and requisitioned timely for the following year.

During the regular season coaches shall replace any equipment that needs replacement on as needed basis. Coaches are instructed to turn in the old items if possible in order to receive a replacement so that no dangerous equipment is ever left on the grounds.

Minor and T-Ball Leagues: At the end of each season the coaches will inventory and repair or replace any worn out or defective equipment.

Concession Stand Safety Tips: 12 Steps to Safe, Sanitary Food Service

The following information is intended to help develop a healthy and safe work environment for your league's concession stand. Following these simple safety tips will help minimize the risk of foodborne illness and limit the chance of injury.

1. Simple Menu

Keep your menu simple, and keep potentially hazardous foods (meat, 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. Having complete control over your food, from source to service, is the key to safe, sanitary food service.

2. Food Thermometer

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 foodborne illness from temporary events can be traced back to lapses in temperature control.

Heating Food – Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat food in crock pots, steam tables, over a warming tray or other holding devices. Slow cooking mechanisms may activate bacteria and never reach killing temperatures.

3. 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 good 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 temperature periodically to see if the food is cooling properly. Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of foodborne illness.

4. Hand Washing

Frequent and thorough hand washing remains the first line of defense in preventing foodborne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitutes for hand washing!

5. 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.

6. 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.

7. Washing Dishware

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dishware. Wash in a four-step process:

- Washing in hot soapy water;
- Rinsing in clean water;
- Chemical or heat sanitizing; and
- Air drying

8. Ice

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

9. 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.

10. 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.

11. 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.

12. Set a Minimum Worker Age

Leagues should set a minimum age for workers in the stand; in many states this is 16 or 18, due to potential hazards with various equipment.

This information was provided by Former Indiana District 10 Administrator George Glick, and is excerpted from “Food Safety Hints” published by the Fort Wayne-Allen County, Ind., Department of Health.

Parents’ Responsibilities

- Encourage your child to behave and practice.
- Let coach know what degree of practice you have given to your child, i.e., if you had him throw you 50 pitches prior to a game or practice inform the coach so he’s aware.
- If your child is injured don’t try to keep him in if he can’t participate

- Any injury that needs medical attention requires a written note from the doctor releasing the player to return to play.
- Fill out and promptly return you medical history sheet. No child may play without a medical history sheet on file.
- Do not interfere with coaching staff during games or practice, as this will distract the staff. Questions can wait until after the game or practice when the coaches are free.

Mountain Valley Little League **Code of Conduct**

- No alcohol permitted in any parking lot, field, or common areas within any Mountain Valley Little League Fields.
- No playing in parking lots at any time.
- No playing on and around lawn equipment.
- No profanity.
- No swinging bats or throwing baseballs at any time within the walkways and common areas of a Mountain Valley Little League field.
- No throwing balls against dugouts or against backstop.
- Catchers must be used for all batting practice sessions.
- No throwing rocks.
- No horseplay in walkways at any time.
- No climbing fences.
- Only a player on the field and at bat may swing a bat.
- Observe all posted signs. Players and spectators should be alert at all times for foul balls and errant throws.
- During game, players must remain in the dugout area in an orderly fashion at all times.
- After each game, each team must clean up trash in dugout and around stands.
- All gates to the field must remain closed at all times. After players have entered or left the playing field, gates should be closed and secured.

Thunder and Lightning Policy

MVLL shall follow the same guidelines as the New York State Public Schools Systems do when it pertains to Thunder and Lightning and Heat Indexing.

NYSPHSAA **THUNDER & LIGHTNING POLICY**

(Effective 10/25/04)
(Revised October 20, 2008)

Applies to regular season through NYSPHSAA Finals:

- 1) Thunder and lightning necessitate that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Heat index will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- The athletic trainer, athletic director, or school designee can use the accuweather.com or weatherbug.com website to determine the heat index for the area of the contest/practice. The accuweather.com website can be reached through the NYSPHSAA website. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/practice and the website will give them the air temperature as well as the Real-Feel temperature (heat index). You can download the weatherbug.com app to your phone (See below)
- If the Real-Feel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Real-Feel (heat index) at halftime or midway point of the contest. If the Real-Feel (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Indicator is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb indicator is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010
Updated July 27, 2016