

Naperville Little League Baseball Safety Plan

2024 Season

Requirement 1: Safety Officer

NLLB Safety Officer: Greg Kuchuris, gkuchuris@nllb.org, 630-724-7551.

Requirement 2: Safety Manual Distribution

NLLB Safety Plan can be viewed on the safety page of our website: <http://nllb.org/safety.html>. This information will be distributed at all NLLB Manager Meetings.

Requirement 3: Emergency Plan

NLLB Board of Directors:

Name	E-mail (@nllb.org)	Positions
Eddie Adams	eadams@nllb.org	Republic League Director
Jeff Calihan	jcalihan@nllb.org	Continental League Director
Greg Kuchuris	gkuchuris@nllb.org	Safety Officer
Larry Lutey	llutey@nllb.org	Secretary
Ed Lynch	elynych@nllb.org	Continental League Player Agent
Jim Meurer	jmeurer@nllb.org	VP/Umpire Director
David Page	dpage@nllb.org	President
Stefan Rand	srand@nllb.org	Junior League Director
Jeff Scheuerman	jscheuerman@nllb.org	Treasurer
Joe Siciliano	jsiciliano@nllb.org	National League Player Agent
Doug Spitler	dspitler@nllb.org	National League Director
Phillip Wood	pwood@nllb.org	Republic League Player Agent

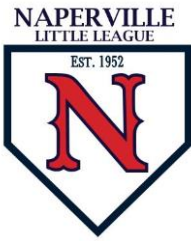
Emergency (All Departments): 911

Naperville Police: 630-420-6666

Naperville Fire Department: 630-420-6142

Naperville Park District Police: 630-848-3510

Visit <http://nllb.org/safety.html> for instructions on how to report injuries.



Naperville Little League Baseball Safety Plan

2024 Season

Requirement 4: Volunteer Application

As listed on our website <http://nllb.org/register-to-be-a-coach-or-volunteer.html>

Thank you for agreeing to be a Manager, Coach, Umpire (18 years or older during the season), or another volunteer for Naperville Little League Baseball. Because of volunteers like you, the children of Naperville and surrounding communities will enjoy a fun and rewarding baseball experience.

If your name appears on the **2024 Members in Good Standing List** (click gray button below), we thank you for your commitment to volunteer this year and no action is required on your part.

[Click here for 2024 Members in Good Standing](#)

If you are a returning 2023 NLLB volunteer **OR** a new volunteer, please perform the steps below, as our procedures have changed from last year:

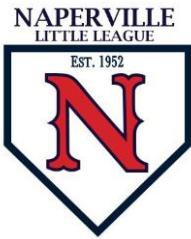
1. Managers, Coaches, Volunteers and Umpires that will be 18 years or older during the season register [here](#).
2. After completing the step above, our system will tell you that the program is full, and you have been put on a wait list. Within the next 5 days, you will receive an e-mail from our background check provider, JDP (click [here](#) to see a sample e-mail). Please follow the instructions in the e-mail to complete your background check. **DO NOT WORRY ABOUT THE LEAGUE (CLL, NLL, RLL) IN SUBJECT LINE IN THE E-MAIL, IT DOES NOT NECESSARILY COINCIDE WITH YOUR ACTUAL LEAGUE.**
3. After completing your background check (step 3 above), you will receive a confirmation e-mail (click [here](#) to see a sample e-mail).
4. Once your background check has been completed/cleared, your name will be moved off our wait list and you will become a member in good standing (MIGS) with NLLB for 2023. To check to see if your name has been moved to our 2024 MIGS list, click the gray button above.

Please contact Lisa O'Rear at lorear@nllb.org with any questions.

Requirement 5: Fundamentals Training:

Safety Guide and Policies

- An elected Board member shall be appointed to the position of Safety Officer (SO) for Naperville Little League at the first board meeting each year.
- The SO will gather or complete all necessary documentation required to maintain NLL's standing as a *Qualified Safety Program* under Little Leagues guidelines.
<http://www.littleleague.org/learn/programs/asap.htm>



Naperville Little League Baseball Safety Plan

2024 Season

- All players must provide a LL Medical Release Waiver Form when registering their child for our program. http://www.eteamz.com/alamedalittleleague/files/Medical_Release_Form2013.pdf
- Managers and coaches will attend both a manager meeting where safety guidelines will be discussed. Currently one manager/coach from *every team* must attend these sessions each year.

Coaching Clinics

Coaches' clinics have been established. These clinics are open to all Naperville Little League Managers, Coaches, and parents interested in upgrading their coaching skills at all levels of play.

Coaching Clinics:

- In April, exact time and location TBD and posted under Calendar tab on nllb.org

Umpire Rules Clinics:

- April 1, 6:30pm – 8:30pm @ [Naperville Yard](#)
- April 8, 6:30pm – 8:30pm @ [Naperville Yard](#)

District Umpire Training (Mandatory for Majors AA and Supreme AA Managers):

- March 16, 9:00am – 1:00pm @ [Benedictine University](#)

Requirement 6: First Aid Training (Covered at all Manager Meetings; dates listed below):

Injury Prevention

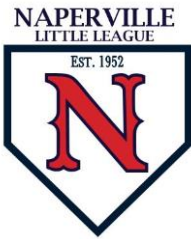
- Stretching
- Over-use guidelines

Assessment of Injuries

- PRICES
- Contusions, lacerations, sprains, strains
- Fractures
- Facial Injuries – teeth, eye, nose
- Concussions
- Heat related illnesses.
 - Proper hydration
 - Heat stroke/heat exhaustion.
- Athletes with diabetes, asthma, and allergies (epi pens)

Treatment of Injuries

- First aid techniques
 - Using what is in your first aid kit.



Naperville Little League Baseball Safety Plan

2024 Season

Emergency Plans

- When to refer vs. call 911
- Calling 911
 - Information to have on hand.
 - Transportation of your athlete
 - Naperville non-emergency police 630-420-6666

Plan Recovery

- Recommendations
- Physician clearance

Weather Safety

- Lightning safety
 - Discontinuing play

Mandatory manager meetings have been scheduled for 2023 which will include a safety presentation by League Official.

- Majors AA and Supreme AA Manager Meeting, March 16, 9:00am – 1:00pm @ [Benedictine University](#)
- Majors A and Supreme A Manager Meeting, April 17, 6:30pm @ [95th St Library](#)
- Rookies Manager Meeting, April 10, 6:30pm @ [95th St Library](#)
- Junior A Manager Meeting, April 15, 6:30pm @ [NLLB Office](#)

Manager / Coaches Requirements:

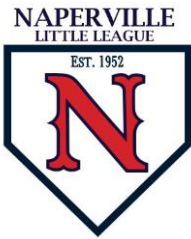
All adult volunteers will fill out a LL Volunteer form and be subjected to a background check via JDP and any other appropriate law enforcement agency determined by the Board.

Requirement 7: Check Field Conditions:

All practice facilities utilized should be safe for all participants and persons that may be in the area while drills are performed.

All practices and games shall be held when safe fields and weather conditions are present. Please adhere to all lightning safety procedures.

Naperville Park District uses a lightning warning system in many parks. The signal is activated by threatening weather. You will hear one long warning signal and see a flashing light on top of devices. When the signal is activated, all activities must be suspended, and patrons must seek shelter immediately. Once the threat of lightning has passed, you will hear three short bursts from the siren. This indicates that activities can resume. This system is not fail-proof. Take shelter immediately when



Naperville Little League Baseball Safety Plan

2024 Season

lightning threatens even if a signal has not sounded. If you see lightning it is to close regardless of warning system activation.

Prior to each game an umpire and manager/coach will walk the playing field to inspect for hazards including debris and holes that should be remedied immediately. Those hazards requiring additional care to ensure safety should be reported to the Safety Officer.

Information is listed on our website <http://nllb.org/index.html>

Requirement 8: Facility Survey – completed on-line via Little League Data Center

Requirement 9: Concession Stand Safety:

Currently the Naperville Park District handles all concession operations securing contracts with appropriate food vendors.

Should Naperville Little League become directly involved with food distribution through concession stands, food safety and handling guidelines must be developed.

This plan shall be reviewed by Little League district personnel.

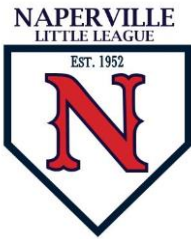
Naperville Little League Board of Directors shall appropriate the funds needed to properly enact, adhere to and enforce these safety policies.

Requirement 10: Equipment Check:

- All equipment should regularly be inspected for safety.
- Discard all unsafe and improper equipment, destroy and mark to insure non-use of dangerous equipment.
- All managers are responsible for ensuring that proper bats are used.
- Managers, coaches, and umpires should be aware of all equipment including catcher's gear.
- A thorough inventory of all equipment should be made prior to the start of the season at equipment distribution time.
- A thorough review of all equipment is made at the end of the season when returning equipment.
- Only qualified, trained adults are permitted to use any field preparation equipment. Only league trained personnel are permitted to use any league provided power equipment such as riding lawn mowers.

Requirement 11: Accident Reporting Procedures:

See <http://nllb.org/safety.html> for accident reporting procedures.



Naperville Little League Baseball Safety Plan

2024 Season

Requirement 12: First Aid Kits:

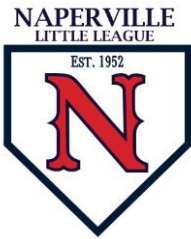
Each manager will receive first-aid materials, and, where appropriate, fields will have additional kits/ice. All managers and coaches are responsible for checking that enough supplies are on hand and reporting deficiencies to the league.

Managers will maintain and have available portable first-aid kits when using practice facilities not stocked by the league.

Requirement 13: Enforce Little League Rules:

Safety Requirements & Playing Rules

- Pregame drills should be conducted in areas that are safe for participants, spectators, and other users of NPD facilities.
- Only players, managers, coaches, umpires, and league officials are permitted on the fields during games.
- Managers/coaches are responsible for properly storing all team and player equipment in dugouts or behind screens during games.
- Batters *must* wear batting helmets at practices and games when batting or coaching a base.
- On-deck batters are NEVER permitted (except in the junior divisions).
- Batting Donuts are NEVER permitted.
- Nothing may be attached to a bat such as knobs or weights to the handle.
- *Horse play* is NEVER permitted.
- The catcher MUST wear a LL approved catcher's helmet with a throat guard whenever catching, warming up a pitcher or during infield practice. Additionally, a long model chest protector, shin guards and a protective cup (male players) *must* be worn at all practices and games. Knee savers are optional equipment and are not subject to LL rules.
- Players are not permitted to wear watches, pins, rings, earrings, or other jewelry during games or at practices, except for medical purposes. Managers and umpires should be vigilant.
- Peanut allergy awareness mandates that NO peanut or peanut related products be sold at concession stands or be brought to any games or practices by anyone.
- All injuries must be documented by a manager or coach. An incident report will be filled out and forwarded to the safety officer, who will maintain a file of all reports.
- All LL safety guidelines and practices not specifically mentioned above will be adhered to including:

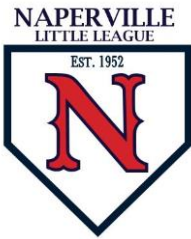


Naperville Little League Baseball Safety Plan

2024 Season

The following are Little League Rules and Regulations that are designed with the safety and wellbeing of the players in mind. Local leagues may add additional safety rules and/or guidelines but are not permitted to alter any of the following. **NOTE:** Junior, Senior and Big-League Rules and Regulations differ in some applications.

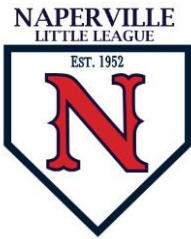
1. Regulation VI **Pitching Restrictions** Pitching activity should be monitored on a regular basis by both the Player Agent and Safety Officer.
2. Rule 1.08 (NOTE) **On-deck Position Is Not Permitted** Players are not allowed to hold a bat in their hands until the umpire calls them to bat. At that point, they are permitted to pick up their bat (from a controlled area or bat rack) and proceed to home plate to take their position in the batter's box. They may take a couple of practice swings on their way to home plate. Players are not permitted to take practice swings in between innings and/or while the pitcher is warming up.
3. Rule 1.10 & NOTE **Bat Restrictions and Guidelines.** Only bats meeting the USA Baseball Bat (USA Bat) standard as adopted by Little League are permitted. It shall be smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard. Non-wood bats may develop dents, flat spots, or cracks from time to time. Bats that cannot pass through the approved Little League Bat Ring or are otherwise deemed to be in an unsafe condition, must be removed from play. More information can be found on our website.
4. Rule 1.11 (e) through (k) **Playing Uniform Restrictions** Pins or jewelry must not be worn by players, coaches, or umpires.
5. Rule 1.16 **Batting Helmet Requirements and Restrictions.** Helmets must remain on until the player has returned to the dugout area.
6. Rule 1.17 **Athletic Supporter & Catching Gear Requirements.** All male players must wear athletic supporters. Catchers' gear must fit properly to protect the player. The catcher (males) must wear an athletic supporter, metal, fiber or plastic type cup, long model chest protector, catcher's helmet and mask with dangling throat guard, and shin guards. The flap on long model chest protectors (majors and below) must never be turned up. This includes between innings. Catchers or any player catching balls for the coach during infield or outfield warmups must always wear a catcher helmet. Skull caps and other types of hard hats are not permitted. Throat guards (dangling type) are required on all catchers' helmets. Players warming-up pitcher between innings are also required to wear a catcher's mask and use a catcher's glove. Coaches, Managers or adults are not permitted to warm-up pitchers between innings, in a bullpen or outside the playing area.
7. Rule 2.00 (obstruction) **Obstruction** A fake tag is considered obstruction.



Naperville Little League Baseball Safety Plan

2024 Season

8. Rule 3.01 (a) & (b) **Game Preliminary Requirements** The umpire must require strict observance of all rules governing team personnel, implementation of play and equipment of players.
9. Rule 3.09 **Player, Manager & Coach's Conduct** During games, adults are not permitted to warm up pitchers or play catch at any time. There must only be one adult for infield and one for outfield warm-ups, the person catching, if used, must be a player wearing a catcher's mask.
10. Rule 5.10 **Bench & Dugout Conduct and Restrictions** Players in the dugout area must always remain behind the protective fencing, and away from the dugout openings.
11. Rule 4.05 **Base Coaches** may not wear a cast of any type. The coaches shall not leave their respective dugouts until the pitcher has completed his/her preparatory pitches to the catcher. Base coaches must always pay attention to the action and the ball.
12. Rule 5.10 (c) **Incapacitated Players** If an accident to a runner is such as to prevent said runner from proceeding to an entitled base, as on a home run hit out of the playing field or an award of one or more bases, a substitute runner shall be permitted to complete the play.
13. Situations such as **throwing the bat** and other potentially unsafe actions will be covered as follows: a safety warning shall be given to the player and the other members of this player's team. After the warnings, the manager of the offending team shall be instructed that it is time to substitute for the offender for the remainder of the game. The manager shall instruct the team in the proper method of discarding the bat after the ball is hit.
14. **Avoid contact rule** (aka. must slide) There is no "must slide" rule in little league baseball. Runners must slide or otherwise attempt to avoid contact at any base where the defensive player has or is about to receive the ball to make a play. Runners do not have to slide if no play is being made at the base. See rule 7.08a.
15. Naperville Little League only uses Little League approved **breakaway safety bases** from various manufactures. Some bases have an arrow printed on the base; the arrow must point toward the pitcher's mound in order to be effective. When putting the bases on the field or when they are dislodged make sure they are properly positioned.
16. Each team shall have one of its coaches or managers designated as the **safety coordinator** and be ultimately responsible for ensuring all safety rules are followed.



Naperville Little League Baseball Safety Plan

2024 Season

Bullying Policy 2024

Naperville Little League takes bullying or any harassment in any form very seriously. This will not be tolerated at any level within our organization whether done by players, coaches, managers, parents or Board of Director members.

Bullying can take several forms but the most common are:

1. Verbal bullying includes derogatory comments and bad names.
2. Bullying through social exclusion or isolation
3. Physical bullying such as hitting, kicking, shoving, and spitting.
4. Bullying through lies and false rumors.
5. Having money or other things taken or damaged by players who bully.
6. Being threatened or being forced to do things by players who bully.
7. Racial bullying 8. Sexual bullying 9. Cyber bullying (via cell phone or Internet)

If an individual feels they are being bullied, the player, parent or guardian should report this to the player's manager. The manager will immediately inform their Player Agent who will make notification to the Board of Directors where a review of the situation will take place by the Disciplinary Committee. This committee is comprised of the Officers of the Board, the League Player Agents as well as the Safety Officer.

Consequences of bullying can be as follows:

1. Verbal Warning
2. Suspensions
3. Expulsion from League
4. Involvement of local law enforcement

Requirement 14: Player/Coach Data – Completed on-line via Little League Data Center

Requirement 15: Answer Survey Questions – Completed on-line via Little League Data Center