

**EAST SACRAMENTO LITTLE LEAGUE
(ESLL)
405-07-02**

SAFETY AWARENESS PLAN 2026

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ESLL SAFETY AWARENESS PLAN

Prior to 2026, Little League International required the development of A Safety Awareness Program (ASAP) Plan and required such plan to be uploaded annually to Little League Data Center. As of 2026, Little League has moved away from this requirement, However, East Sacramento Little League (ESLL) has developed this Safety Awareness Plan to emphasize the importance of safety in the league and to highlight important and common safety issues. ESLL continues to provide a safe environment where youth baseball and softball may be enjoyed by children and adults alike.

A copy of this Safety Awareness Plan shall be posted on the ESLL website and will be distributed directly to managers and coaches prior to the start of the season. This Safety Awareness Plan includes emergency phone numbers (public safety, hospitals and league officials), general ESLL safety rules, and the ESLL Code of Conduct. The Safety Awareness Plan will be reviewed with managers and coaches at the annual Safety Meeting, and each team is required to keep a copy of the Safety Awareness Plan digitally accessible at all practices and games.

The Safety Awareness Plan is not intended to be exhaustive and does not replace the need for sound judgment in all situations. Managers and coaches are required to review the comprehensive Little League Rulebook, available for free download on the Little League Rulebook App, and complete trainings in abuse awareness, concussion identification, and cardiac arrest response required by Little League International. Managers, coaches, umpires, and ESLL families are expected to exercise good judgment at all times and to prioritize the safety and well-being of all participants and spectators at all times.

EMERGENCY

First Aid Kit

The Phoebe Hearst Snack Shack, St. Francis High School, Sacramento High School and East Portal Park shall have a First Aid Kit at all times. The First Aid Kit will include the necessary items to treat an injured player until professional help arrives. There will also be an AED in the Phoebe Hearst Snack Shack.

Emergency Phone Numbers

Emergency	911
FBI	916-746-7000
Poison Control	800-222-1222

Suicide Prevention	916-368-3111
Mental Health 24-Hour Crisis Line	916-875-1055

Hospitals in Vicinity

Mercy General Hospital 4001 J Street	866-553-3261
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Sutter Medical Center Emergency Department 2825 Capitol Avenue	916-887-1130
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UC Davis Medical Center Emergency Department 4301 X Street	800-282-3284
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Non-Emergency Public Safety Phone Numbers

California Highway Patrol (Valley Division)	916-731-6300
Sacramento Fire Department	916-808-1300
Sacramento Police Department	916-264-5471
Sacramento County Sheriff Department	916-874-5115

ESLL Board of Directors & Phone Numbers

Bobby Reed, President	916-712-3002
Chris Cromwell, Vice President (Head of Softball)	916-589-7041
Maria Neider, Secretary	831-331-1796
Owen Doherty, Treasurer	631-766-7406
Mary Mooney, Safety Officer	215-439-1536
Samantha Potter, Registrar	808-205-4684
Elvis Lindsey, Majors Baseball Representative	916-524-5537
Andy Powne, AAA Baseball Representative	530-902-2479
Keian Christopher, AA Baseball Representative	559-972-2280
Kyle Turk, Single A Baseball Representative	530-510-5810
Brian Maita, T-Ball Representative	916-580-5076
Sarah Heffron, Majors/Juniors Softball Representative	916-206-8141
Brian Freedman, Softball Minors Representative	916-870-4344
Justin Friend, Softball Rookies Representative	209-470-4846
Chad Trevisan, Baseball Field Manager	541-840-3313

Paul Muñoz, Softball Field Manager	916-276-7586
Justin Friend, Baseball Equipment Manager	209-470-4846
JP Dolliver, Softball Equipment Manager	415-747-7099

Little League Phone Numbers

Bobby Reed, ESLL President	916-712-3002
Mary Mooney, ESLL Safety Officer	215-439-1536
Jeff Marang, District 7 Administrator	916-340-5460
Henry Hernandez, District 7 Safety Officer	916-997-7981
Williamsport Insurance Claim Office	570-327-1674

Emergency Medical Release Forms

Emergency Medical Release Forms are completed by parents at the time of registration and shall be present at all games and practices. Medical Release Forms will be distributed digitally to all managers and coaches. Paper copies will be stored in the Snack Shack and referenced as needed.

Mandatory Safety Meeting

Each year prior to the season, ESLL will conduct a Safety Meeting covering required coach and manager trainings, concussions, cardiac arrest, and basic first aid. Attendance at the First Aid Safety Clinic is mandatory and requires at least one representative from each team. In 2026, the meeting will be held Saturday, February 21, 2026 at 10:00am at the Phoebe Hearst fields. It is not necessary for medical doctors, registered nurses, LPNs, and paramedics in the league to attend the Safety Meeting.

MANAGERS & COACHES

Only league-approved managers and coaches are allowed to practice with teams, supervise the batting cages, and manage/coach games.

Managers and Coaches Must:

Take possession of the Safety Awareness Plan and keep such Plan on hand during team games and practices. Digital copies on mobile devices are acceptable.

Remind parents to bring players to the field fed, hydrated, rested, and applied with sunscreen. Make sure players remain hydrated during play.

Cover the basics of safe play with players and coaches before starting the first practice, including fundamental baseball techniques that affect safety: proper sliding, catching fly balls, fielding ground balls, throwing, pitching and catching.

Make sure team equipment is in working order and is correctly used, including sliding pants, mouth protection, batting helmets, catcher's gear and batting practice screens. Make sure all male players wear a protective cup.

Strictly adhere to Little League pitch count limits for pitchers based on age and days of rest (Attachment 2). Keep close track of practice pitch counts. Limit a pitcher's practice pitch count on days preceding anticipated game pitching appearances.

Not expect more from their players than what the players are capable of.

Make sure players are healthy, rested and alert. Do not play injured players. Notify parents that if a child is injured or ill, he or she cannot return to practice unless they have a note from their doctor.

Lead team in proper warm-up prior to play: stretching arms, shoulders, legs, and light jogging. Allow full strength throwing only after light tossing from shorter distances. Ensure players are spaced sufficiently apart on the field during throwing drills.

Only lead team in play or practice in the designated field of play and not in spectator and public areas of the ESLL facility.

Walk the field for hazards before games if they are the home team. Managers must report any issues needing to be fixed to the Fields Manager immediately. Look for rocks, glass, holes, etc.

Maintain discipline and team organization at all times. Players not on the field must remain in the dugout or bullpen areas. Keep players off fences. Ensure players are not hanging on dugout beams.

Observe the "no on-deck" rule for batters and keep players in the dugout at all times when your team is up to bat. No player should handle a bat until they are called up to the plate to bat.

Make sure telephone access is available at all activities including practices. It is suggested that a cellular phone always be on hand.

Suspend practices or games (in consultation with umpires and opposing manager) if the field is determined to be too wet and/or there is insufficient daylight for safe play. The league President or chief umpire may make this determination if there is not agreement among opposing managers.

Not leave the field until every team member has been picked up by a known family member or designated driver.

Notify parents in the event of an accident or injury and fill out an accident report. Accident reports shall be submitted to the ESLL Safety Officer. Accident report forms will be available in the Phoebe Hearst Snack Bar. If a game is offsite, it is recommended that the manager have a copy on hand.

UMPIRES

Prior to each game, the chief umpire shall walk the field looking for obvious safety issues, such as rocks, bottles, holes, other obstructions, and proper base installment.

Prior to each game, managers shall inspect the equipment of both teams to ensure it is in compliance with Little League regulations.

During games, umpires shall maintain order on the field and among spectators. If at any time an umpire determines the behavior of a player, manager, coach or spectator is unsafe, hostile or otherwise in violation of the ESLL Code of Conduct (Attachment 1) said umpire is empowered to immediately require the removal of the offending party from the ESLL premises.

The chief umpire shall suspend play if he or she determines the field is not dry enough or insufficient daylight exists for safe play.

FIELDS

Each year, league officials shall complete the Little League Facility Survey. The purpose of this survey is to identify and repair safety issues.

IN-GAME SAFETY

Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practices.

On-deck batters are not permitted. Bats shall not be swung in the dugout or anywhere other than at home plate on the field of play or in the batting cage.

Players shall remain behind screens and fences unless actively engaged in play on the field.

No games or practices shall be held when weather or field conditions are poor or daylight is inadequate.

Headfirst slides are not permitted except when a base runner is returning to a base.

Players in divisions up to and including Majors shall not wear watches, rings, pins, jewelry or other metallic items during practices or games, except jewelry that alerts medical personnel to a specific condition — this must be taped in place. Players in divisions above Majors are permitted to follow the more permissive Little League rule adopted in 2025 permitting jewelry that does not pose harm to injury.

A player who has played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more, may not return to the catcher position. Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that day.

EQUIPMENT

ESLL shall ensure all equipment is in good and safe condition. Prior to the start of the season, the league equipment manager shall inspect the equipment prior to distribution. At that time, any equipment that is in unsafe condition shall be discarded. Following Little League guidelines, the equipment shall be destroyed such that it cannot be retrieved from the garbage and reused.

In addition to a pre-season inspection, managers shall periodically inspect their equipment at games and practices. Umpires shall inspect equipment at the beginning of each game. Dented bats or cracked helmets taken out of play upon inspection shall be disposed after the game by the manager in the manner described above.

Approved breakaway bases shall be used at all times.

Approved protective helmets that bear the **NOCSAE** seal shall be worn by all batters, base runners and player-base coaches.

Team equipment shall be stored in the dugout and behind fences and not be stored in areas of the field considered to be in-play.

Only official Little League balls supplied by the league may be used in games and practices. Worn or discolored balls should be discarded.

Shoes with molded cleats are permissible. Shoes with metal spikes or cleats are not permitted.

All male players shall wear protective cups during game and practices.

Catchers:

Male catchers must wear a metal, fiber or plastic type protective cup and a short or long model chest protector. Female catchers must wear a short or long model chest protector.

All catchers must wear chest protectors with neck collar, throat guard, shin guards and catcher's helmet, all of which must meet Little League specifications and standards.

All catchers must wear a mask, "dangling" type throat protector and catcher's helmet during practice, pitcher warm-up, and games. Skullcaps are not permitted.

Baseball catchers must wear a catcher's mitt (not a first baseman's mitt or fielder's glove) of any shape, size or weight consistent with protecting the hand.

Catchers may not catch, whether warming up a pitcher, in practices, or games without wearing full catcher's gear and a protective cup as described above.

PARENTS/SPECTATORS

Parents and spectators shall conduct themselves in a civil and positive manner during games and remain in compliance with the ESLL Code of Conduct (Attachment 1). Umpires and league officials are empowered to immediately require the removal of offending spectators from ESLL premises.

Parents and spectators shall not speak with or instruct players from the stands during games or practices—this is distracting and unsafe.

Spectators along the outfield foul lines must remain behind the 'out-of-play' boundary (an unmarked line extended from the dugout fence and parallel with the foul line).

No running is allowed on the bleachers. No climbing fences. No climbing on dugout roofs.

No pets, except for service animals, are permitted on the premises at any time.

Observe all posted signs.

Be alert at all times for foul balls and errant throws.

Foul balls batted out of the playing area shall be handed to a manager, coach or umpire during a break in play (when "time out" has officially been called) and not thrown over the fence while the game is in progress.

No one is allowed on the premises with open wounds at any time. Wounds should be treated and properly bandaged.

No playing on and around lawn equipment or machinery at any time.

SNACK SHACK SAFETY

Clean up spilled water on floors immediately.

Use only stepladders to reach high items.

Wash hands and use latex gloves or utensils when handling food.

Cook foods to the proper temperature to kill bacteria - 165 degrees F.

Store perishable foods at 41 degrees F or below.

Use only foods from approved sources. Avoid foods that have been prepared at home.

Use disposable utensils and wash thoroughly all other utensils and equipment. Clean counters and floors regularly.

No one under the age of 15 may work in the Snack Shack or handle money.

No more than 4 people working in the Snack Shack at one time.

A fire extinguisher suitable for grease fires must be placed in plain sight at all times and staff trained in its proper use.

Unplug all appliances (except refrigerators) after use.

ALCOHOL AND DRUG FREE ENVIRONMENT

No alcohol or drugs allowed on ESLL premises at any time.

Managers, coaches, volunteers and league officials shall at no time be under the influence of alcohol or drugs during league activities.

No medication shall be given to a child on ESLL premises unless administered directly by the child's parent. This includes aspirin and Tylenol.

TRAFFIC SAFETY

Speed limit is 5 MPH in roadways and parking lots.

Use crosswalks when crossing roadways. Always be alert for traffic.

No playing in the parking lots at any time.

Bicycle helmets must be worn at all times when riding bicycles on the premises as well as to and from the premises.

VOLUNTEER BACKGROUND CHECKS

All volunteers and hired workers associated with ESLL must annually complete a background screening that is required by Little League International. The purpose of this is to ensure all league volunteers and hired workers are free of any past behavior that is not suitable to the mental and physical well-being of children. Approved background screening methods are through JDP. Little League provides the first 125 searches free of charge and charge \$1 for each search thereafter. The link to complete the background check will be emailed to volunteers directly from JDP.

Per California Assembly Bill 506, fingerprinting is now also required. Any volunteer who regularly has direct contact with a player, such as a coach or manager, is subject to these requirements. According to the bill, “regular volunteer” means a volunteer with the youth service organization who is 18 years of age or older and who has direct contact with, or supervision of, children for more than 16 hours per month or 32 hours per year. ESLL will distribute instructions to volunteers about how to get their fingerprinting done.

Background check requirements are per the Little League Rulebook (Official Regulations, Playing Rules and Operating Policies, Regulation I (c) 8 and 9), available for free download on the Little League Rulebook App.

ACCIDENT REPORTING

ESLL shall have an Accident Reporting Program. Prior to each season, the ESLL Safety Officer shall provide managers with several copies of the Little League Baseball and Softball Accident Notification Form (<https://www.littleleague.org/downloads/accident-claim-form/>). In the event of an accident, managers are responsible for filling out an Accident Notification Form and submitting it to the ESLL Safety Officer within 24 hours of the incident. The report shall be filed in the Safety Binder and a copy sent to the Little League District 7 Administrator.

LITTLE LEAGUE RULE ADHERENCE

ESLL shall enforce the rules of Little League International including all rules related to conduct, safety and equipment.

ATTACHMENT 1

EAST SACRAMENTO LITTLE LEAGUE CODE OF CONDUCT

The East Sacramento Little League (ESLL) Code of Conduct applies to all players, parents, managers, coaches, league officials, and volunteers.

1. I will always remember the goal of ESLL is to have fun, demonstrate effort, and teach good sportsmanship. Adults will remember the game is for the kids.
2. I will always try my hardest and strive to demonstrate good sportsmanship.
3. I will respect the judgment and authority of umpires. I will express my disagreements with umpires in the proper manner (usually after a time out followed by a calm, constructive and reasoned discussion). I will never direct verbal or physical abuse toward an umpire. I will also model appropriate language, tone and body language at all times.
4. I will never threaten or physically harm a player, manager, coach, parent, or league official.
5. I will never object to a call by throwing equipment (helmets, bats, gloves, etc.)
6. I will never use profane, obscene, or vulgar language in any manner at any time.
7. I will never speak disrespectfully to any player, manager, coach or league official.
8. I will never smoke or use tobacco products, including chewing tobacco and e-cigarettes, in the stands, playing fields or dugouts. Smoking by adults is only permitted on the sidewalks outside the ESLL property.
9. I will never appear at the ESLL complex or any associated game/practice field while intoxicated. "Intoxicated" can be indicated by behavior and/or odor. Further, I will never bring or consume alcoholic beverages at any ESLL field, practice or game.
10. Managers and coaches shall recognize they are agents of the Board and shall follow the Board's direction and philosophy. They shall also advance the agenda of the league as set forth by the Board.

11. Managers, coaches and parents will lead by example in modeling acceptable behavior whether the team wins or loses. Managers and coaches will be positive role models for players regarding sportsmanship.

12. Managers, coaches and parents will teach children that doing one's best is more important than winning.

13. Managers, coaches and parents will never yell at or ridicule children.

The ESLL Board shall review all infractions of the Code of Conduct. The Board may assess disciplinary action(s) including suspension and expulsion from the league depending on the severity of the infraction. Refer to the ESLL Bylaws for further information regarding disciplinary procedures.

ATTACHMENT 2

LITTLE LEAGUE PITCH COUNT RULES

Pitch Limits Per Day

Age 11-12	85 pitches per day
Age 9-10	75 pitches per day
Age 6-8	50 pitches per day

Rest Requirements

- If a player pitches 66 or more pitches in a day, 4 calendar days of rest required
- If a player pitches 51-65 pitches in a day, 3 calendar days of rest required
- If a player pitches 36-50 pitches in a day, 2 calendar days of rest required
- If a player pitches 21-35 pitches in a day, 1 calendar day of rest required
- If a player pitches 1-20 pitches in a day, no days of rest required

NOTE 1: Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day.

NOTE 2: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.