



## **LINCOLN YOUTH BASEBALL LL 2026 SAFE SUMMARY**

**League Location:** Portland, OR

**League ID:** 325298

# LINCOLN YOUTH BASEBALL LL 2026 SAFE SUMMARY

Dear Volunteers, Parents/Guardians, and Players:

Lincoln Youth Baseball is committed to providing a safe, welcoming environment where every player, volunteer, and family feels supported. Safety is an important part of every season, and we believe it is a shared responsibility that helps everyone enjoy the game with confidence and peace of mind.

As part of Little League SAFE, our league has confirmed the steps we take to protect children, prepare volunteers, and maintain safe facilities and playing conditions. From equipment checks and emergency planning to strong child protection practices and volunteer training, our goal is to create a positive, fun, and secure experience for every participant.

Thank you for being part of a community that puts kids first and works together to help ensure a safe, memorable Little League season.

Sincerely,

LINCOLN YOUTH BASEBALL LL Board of Directors

# LEAGUE LEADERSHIP AND CONTACTS

Keeping contact information up to date helps volunteers know exactly who to reach when questions or safety concerns arise.

## Primary Contacts

### **Nicole Kemper**

League President

[nicole.kemper@gmail.com](mailto:nicole.kemper@gmail.com)

[503-869-6789](tel:503-869-6789)

### **Jonathan Howe**

League Safety Officer

[jonathanhowe@outlook.com](mailto:jonathanhowe@outlook.com)

[404-434-2321](tel:404-434-2321)

### **KELSEY SWIFT**

District Administrator

[kelsey.swift87@gmail.com](mailto:kelsey.swift87@gmail.com)

### **Gary Rowell**

District Safety Officer

[rowellgary@msn.com](mailto:rowellgary@msn.com)

**Best Practice:** Share a simple "Who to Contact" list with managers, coaches, and volunteers so everyone knows where to go for help during the season.

# CHILD PROTECTION

Little League requires every chartered league to follow a set of core child protection policies to help keep children safe. Protecting players is our highest priority, and these policies ensure volunteers understand their responsibilities both on and off the field.

**Your league has confirmed that all of the following policies are in place:**

## 1. Annual Background Checks

LINCOLN YOUTH BASEBALL LL confirms that all volunteers with regular contact with players complete annual background checks through J.D. Palatine (JDP), as required by Little League Regulation I(c) 8 and 9. Anyone with a disqualifying offense is prohibited from participating in any Little League activity. Background check laws vary across the country, and any additional requirements that apply to your league can be found at <https://www.littleleague.org/player-safety/child-protection-program/state-laws-background-checks-leagues/>. Your league is responsible for understanding and complying with any applicable state laws regarding background checks.

## 2. Annual Abuse Awareness Training

LINCOLN YOUTH BASEBALL LL requires all volunteers to complete the Little League Abuse Awareness Training each year before assuming any duties. This training helps volunteers recognize, prevent, and respond to misconduct and abuse. Little League Abuse Awareness Training can be found at <https://www.littleleague.org/university/articles/abuse-awareness-training-course/>

## 3. Mandatory Reporting of Child Abuse

LINCOLN YOUTH BASEBALL LL acknowledges that all volunteers are mandatory reporters under federal law and must report suspected child abuse, including sexual abuse, to the proper authorities within 24 hours. Reports should also be shared with the League President and District Administrator. State reporting requirements vary, and any laws that apply to your league can be found at <https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>. Your league is responsible for understanding and complying with any applicable state laws.

## 4. Non-Retaliation Policy

LINCOLN YOUTH BASEBALL LL has adopted a policy that prohibits retaliation against anyone who makes a good-faith report of suspected abuse or misconduct. This ensures volunteers feel safe coming forward with concerns.

## 5. One-on-One Interaction Policy

LINCOLN YOUTH BASEBALL LL has adopted the Little League One-on-One Interaction Policy, which requires that all interactions between adults and minors be observable and interruptible by another adult. This reduces opportunities for misconduct while still supporting positive mentoring relationships.

**Best Practice:** Reinforce child protection expectations clearly and consistently so volunteers know what to do and who to contact.

- Review expectations with all volunteers at the start of each season.
- Make reporting steps clear and easy to follow.
- Keep child protection policies easily accessible.

**Child Protection Resources:**

- Little League Abuse Awareness Training (<https://www.littleleague.org/university/articles/abuse-awareness-training-course/>)
- Full Little League Child Protection Program (<https://www.littleleague.org/player-safety/child-protection-program/>)
- State-Specific Background Check Laws (<https://www.littleleague.org/player-safety/child-protection-program/state-laws-background-checks-leagues/>)
- State - Specific Mandatory Reporting Laws (<https://www.littleleague.org/player-safety/child-protection-program/state-specific-information-child-abuse/>)
- J.D.Palatine(JDP) Background Checks (<https://www.littleleague.org/player-safety/child-protection-program/local-league-background-check-information/>)
- USA Baseball – Abuse Awareness Resources (<https://usabdevelops.com/page/4834/base>)
- U.S.Center for SafeSport – Reporting and Education (<https://www.littleleague.org/player-safety/child-protection-program/safesport-resources-parents/>)
- ChildHelp National Child Abuse Hotline (1-800-4-A-CHILD)

# EMERGENCY PREPAREDNESS

Being prepared for unexpected situations helps keep players, volunteers, and families safe. The information below highlights the emergency procedures and contacts in place during all league activities.

## Emergency Contacts

- In any emergency situation, volunteers should immediately **call 911**
- Poison Control is also available nationwide at **1-800-222-1222**

## Emergency Action Plan

Emergencies can happen when you least expect them. A clear and accessible EAP helps volunteers respond quickly, communicate effectively, and take the right steps to keep players and families safe.

LINCOLN YOUTH BASEBALL LL has an Emergency Action Plan in place. Regularly reviewing this plan with volunteers and players helps ensure everyone knows how to respond quickly and confidently during an emergency.

## **Additional information provided by your league:**

### **WEATHER POLICY:**

Rain/Mud: Playing on muddy fields with wet equipment creates a risk to the players and to the field. If in doubt, reschedule.

Lightning: If the lightning flash and sound of thunder are separated by fifteen seconds or less, HALT PLAY AND EVACUATE THE FIELD AREA. Seek shelter in a large, enclosed building or vehicle. If caught in the open, place feet together, squat down, and cover ears to avoid eardrum damage.

Cold: The early season can be cold and wet. Dress appropriately and consider extra socks or layers. Keep arms as warm as possible between periods of activity.

### **Heat/Humidity:**

Have plenty of water available. Anytime the temperature exceeds 90 degrees or relative humidity more than 95%, schedule a halt for rest and fluids after the third inning. Encourage players to drink small amounts frequently. Any signs of heat related illness (i.e. cramps, fatigue, light headedness, nausea, vomiting or headaches) remove the player from the game and find shade and administer fluids. If there is no immediate response, seek medical aid. Consider suspending game or practice.

### **ADDITIONAL LIGHTNING POLICY:**

One way of determining how close a recent lightning strike is to you is called the "flash bang" method. With the "flash bang" method, a person counts the number of seconds between the sight of a lightning strike and the sound of thunder that follows it. Halt play and evacuation should be called for when the count between the lightning flash and the sound of its thunder is 15 seconds or less. The ultimate truth about lightning is that it is unpredictable and cannot be prevented. Therefore, a manager, coach or umpire who feels threatened by an approaching storm should stop play and get the kids to safety. When in doubt, the following rule of thumb should be applied.

When you hear it, Clear it. When you see it, flee it.

### **Where to Go?**

No place is absolutely safe from the threat of lightning, but some places are safer than others. Large, enclosed shelters (Substantially constructed Buildings) are the safest (like snack bars and press boxes). For most of the participants, the best area for them to seek shelter is in a fully enclosed metal vehicle with the windows rolled up. If you are stranded in an open area and cannot get to shelter in a car, put your feet together, crouch down and put your hands over your ears (to try and prevent eardrum damage).

### **Where not to Go:**

Avoid high places and open fields, isolated trees, unprotected gazebos, near flag or light poles or bleachers.

### **Emergency Preparedness Resources:**

- Little League Lightning & Severe Weather Safety Guidelines (<https://www.littleleague.org/university/articles/staying-safe-from-lightning-at-the-field/>)

# FIRST AID & INJURY PREVENTION

A prepared volunteer is better equipped to respond when injuries or medical situations occur. Below is an overview of the first aid training, equipment, and safety practices in place for the season.

## First Aid Training

First aid training helps volunteers respond effectively when injuries or emergencies happen. These trainings reinforce skills such as:

- Treating minor injuries
- Managing bleeding and nosebleeds
- Recognizing potential fractures or serious injuries
- Identifying head-injury symptoms
- Responding to heat-related illness
- Treating allergic reactions
- Knowing when to call 911

First aid training requirements for LINCOLN YOUTH BASEBALL LL:

- Little League First Aid Awareness Training: **Required**
- Formal First Aid Certification: **Recommended**
- CPR Certification and AED Use Training: **Recommended**

## First Aid Kits

Accessible first aid supplies help volunteers respond quickly when an injury occurs. Keeping first aid kits stocked and easy to reach helps volunteers respond quickly during games and practices. Every team in LINCOLN YOUTH BASEBALL LL has a first aid kit available at games and practices.

### Recommended First Aid Kit Contents:

- Adhesive bandages (various sizes)
- Sterile gauze pads and rolled gauze
- Antiseptic wipes
- Instant cold packs
- Elastic wraps
- Tweezers and disposable gloves
- Nosebleed supplies (gauze, tissues)
- Small splint or finger splint
- CPR mask or face shield
- Allergy/sting relief wipes
- Cold Packs
- Tape and scissors

**Best Practice:** Each team should receive its first aid kit at the start of the season. First aid kits should travel with the team and be kept in an easy-to-reach spot during both games and practices.

## Concussion Awareness

LINCOLN YOUTH BASEBALL LL has confirmed that it follows required concussion training and has a protocol in place for recognizing and responding to potential head injuries during practices and games. Little League encourages all volunteers to follow the "When in doubt, sit them out" approach so players are removed from play immediately if a concussion is suspected.

### Common signs and symptoms of a possible concussion include:

- Headache or pressure in the head
- Dizziness or balance problems
- Confusion, memory issues, or appearing "out of it"
- Nausea or vomiting
- Blurred vision or sensitivity to light or noise
- Behavior that seems unusual for the player

State concussion laws vary across the country. Some apply only to school athletics, while others apply to all youth sports organizations. State-specific information can be found at: <https://www.littleleague.org/player-safety/concussions-youth-athletes/>. Your league is responsible for understanding and complying with any applicable state laws.

**Best Practice:** If a concussion is suspected, volunteers should follow these steps:

- Remove the player from play immediately
- Ensure the player is monitored by an adult
- Refer the player to a licensed health care professional for evaluation
- Do not allow return to play on the same day
- Require written medical clearance before the player resumes practices or games

## Access to Automated External Defibrillators (AED)

AEDs can play a lifesaving role during sudden cardiac emergencies, and clear access helps volunteers respond quickly when every second matters.

LINCOLN YOUTH BASEBALL LL has reported that it has AEDs available at all league facilities.

**Best Practice:** AEDs are most effective when:

- Volunteers know the exact location of each device
- Devices are accessible during practices and games
- Batteries and pads are checked and replaced as needed
- Multiple volunteers are trained in basic AED use

State laws addressing AED access and sudden cardiac arrest (SCA) training can vary across the country. Some requirements apply only to school facilities or interscholastic athletics, while others extend to youth sports organizations or municipal fields. State-specific requirements for AEDs can be found at: <https://www.littleleague.org/player-safety/state-laws-on-automated-external-defibrillators/>

State specific requirements for SCA training can be found at: <https://www.littleleague.org/player-safety/state-laws-on-sudden-cardiac-arrest-training/>.

Your league is responsible for understanding and complying with any applicable state laws.

## **Additional information provided by your league:**

### FOR ALL INJURIES

First call 911 and/or administer first-aid as necessary. Reassure injured party. Contact Parent or Guardian. If unavailable, contact the emergency contact listed on the medical release form. NOTE Any injury requiring professional medical care will need a physician's clearance prior to returning to play.

Second, notify the Safety Officer within 24 hours.

### FOR LIGHTNING ACCIDENTS

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 9-1-1, the rescuer should consider the following:

The first tenet of emergency care is "make no more casualties". If the victim is in a highrisk area like an open field, under an isolated tree etc. The rescuer should determine if movement from the area is necessary. Lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.

If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.

Determine if the victim has a pulse. If no pulse is detected, cardiac compressions start as well.

### COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during a competition is close to nonexistent, there is a remote risk that other blood born infectious diseases can be transmitted.

For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.

Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.

Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.

Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.

Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.

Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.

Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.

Contaminated towels should be properly disposed of/disinfected.

Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

#### FIRST AID FOR LIGHTNING VICTIM

Typically, the lightning victim exhibits similar symptoms as that of someone suffering from a heart attack. In addition to calling 9-1-1, the rescuer should consider the following:

The first tenet of emergency care is "make no more casualties". If the victim is in a highrisk area like an open field, under an isolated tree etc. The rescuer should determine if movement from the area is necessary. Lightning can and does strike the same place twice. If the rescuer is at risk, and movement of the victim is a viable option, it should be done.

If the victim is not breathing, start mouth to mouth resuscitation. If it is decided to move the victim, give a few quick breaths prior to moving them.

Determine if the victim has a pulse. If no pulse is detected, cardiac compressions start as well.

#### CONCUSSION FACTS:

All coaches should review the CDC's Heads Up program at: <https://www.cdc.gov/heads-up/training/youthsports.html> and are specifically responsible for reading the coaches' fact sheet at [chrome-extension://efaidnbmninnibpcjpcglclefindmkaj/https://www.cdc.gov/heads-up/media/pdfs/youthsports/coaches\\_engl.pdf](chrome-extension://efaidnbmninnibpcjpcglclefindmkaj/https://www.cdc.gov/heads-up/media/pdfs/youthsports/coaches_engl.pdf)

#### **First Aid & Injury Prevention Resources:**

- First Aid Kit Checklist (<https://www.littleleague.org/university/articles/first-aid-kits-an-items-list/>)
- Little League First Aid Awareness Training (<https://www.littleleague.org/university/articles/first-aid-awareness-training-course/>)
- CDC Heads Up – Concussion Resources (<https://www.cdc.gov/heads-up/>)
- State-Specific Concussion Laws (<https://www.littleleague.org/player-safety/concussions-youth-athletes/>)
- State-Specific AED Laws (<https://www.littleleague.org/player-safety/state-laws-on-automated-external-defibrillators/>)
- State-Specific SCA Training Laws (<https://www.littleleague.org/player-safety/state-laws-on-sudden-cardiac-arrest-training/>)

# EQUIPMENT SAFETY

Safe, well-maintained equipment helps prevent injuries and supports a positive playing experience. The information below reflects how playing equipment is inspected and monitored throughout the season.

## Batting Helmets

All batting helmets must be NOCSAE-certified and free of cracks, dents, or deteriorating padding.

- Helmets are inspected at the start of the season and as needed
- Damaged or ill-fitting helmets are removed from use immediately
- Non-OEM (non-manufacturer) modifications are prohibited
- Properly fitted, undamaged helmets play an important role in preventing head injuries

## Catcher's Gear

Catcher's equipment must be complete, well-maintained, and properly fitted for each player. A full set includes:

- Helmet with full face mask
- Dangling throat guard (required)
- Chest protector
- Leg guards

## Equipment Inspections

At LINCOLN YOUTH BASEBALL LL, league equipment manager carry out regular equipment inspections throughout the season. These checks help identify items that should be repaired or removed from use.

- Unsafe or excessively worn equipment should be removed immediately
- Routine inspections help ensure players are always using equipment that will keep them safe from injury

**Best Practice:** Teach players to do quick self-checks of their helmets and gear before practices and games. Helping players look for cracks, loose padding, or missing pieces builds good habits and supports a shared culture of safety.

**Additional information provided by your league:**

In addition to Safety Officer and Equipment Manager inspections, coaches are responsible for checking on game day:

1. Examine all equipment to ensure that it is in good working condition:

Catchers Equipment

Shin Guards

Helmets

Face Masks

Throat Protector

Catchers Cup

Chest Protector

Catchers Mitt

Safety Equipment

First-Aid Kit

Medical Release Forms

Safety Manual

Injury Report Form

Ice Packs

2. Keep the first-aid kit and medical release forms readily available. No practice or games without medical release forms.

3. Ensure access to a phone and or cell phone in case of emergency.

4. All umpire equipment is in good working order

**Equipment Safety Resources:**

- Equipment and Facility Check-Ups (<https://www.littleleague.org/university/articles/make-regular-equipment-facility-check-ups-a-year-round-endeavor-for-your-league-or-district/>)

# FACILITY SAFETY

Safe, well-maintained facilities help create a positive experience for players, families, and volunteers. Your league has shared the steps it takes to help keep playing conditions safe throughout the season.

## Seasonal Facility Inspection

LINCOLN YOUTH BASEBALL LL completes a thorough review of all fields and facilities at the beginning and end of each season. This inspection helps the league:

- Identify needed repairs
- Document safety concerns
- Plan for maintenance or improvements
- Confirm that fields and common areas are ready for use

## Ongoing Facility Checks

LINCOLN YOUTH BASEBALL LL conducts regular in-season checks to help ensure facilities remain safe and ready for play. These checks typically look for:

- Loose or damaged fencing
- Worn or broken bases
- Slick, uneven, or poorly drained surfaces
- Broken or unstable bleachers
- Lighting or electrical concerns
- Hazards in dugouts, walkways, or spectator areas

## Field Safety

Before every game and practice, fields and dugouts should be reviewed to ensure safe playing conditions. These quick checks help volunteers:

- Spot hazards early
- Prevent injuries
- Address small issues before they become larger concerns
- Confirm that field equipment, playing surfaces, and dugout areas are safe and ready for use

At LINCOLN YOUTH BASEBALL LL, coach or manager carry out field and dugout safety checks before games and practices.

## Annual Little League Facility Survey

Each year, leagues complete the Little League Annual Facility Survey, which records the condition of each field, identifies maintenance or safety needs, and documents key details about layout, features, and emergency equipment.

A report generated from LINCOLN YOUTH BASEBALL LL's completed facility survey is included with this SAFE Summary.

**Best Practice:** Create a simple, shared inspection checklist for coaches and volunteers to use before games and practices. Consistent use of the same checklist helps ensure issues are spotted early and reported quickly.

## **Additional information provided by your league:**

### SEASON START FACILITY PROCEDURE:

Safety Officer to complete the following checklist prior to start of season:

[https://docs.google.com/document/d/1EoCqYSvEMDBQcia\\_XOI1\\_aDwKXPzTLU-l8cXcP01OnM/edit?usp=sharing](https://docs.google.com/document/d/1EoCqYSvEMDBQcia_XOI1_aDwKXPzTLU-l8cXcP01OnM/edit?usp=sharing)

And report out results to the Board to create an action plan for resolving.

### GAME DAY FACILITIES INSPECTION:

1. Walk the grounds prior to each use. The field should be clear of all hazards to prevent injury such as holes, litter, glass or rocks.
2. Inspect dugout areas for anything that could cause injury.

Inspect spectator area prior to each game.

3. A clear playing field greatly reduces players chance of injury • Always remove any standing water from the playing surfaces.
4. Do not Play unless field conditions and lighting are adequate.
5. Make sure bases can disengage from the anchors

Check the following:

Outfield Grass Surface

Infield

Backstop

Home plate

Base Condition

Secure Bases

Pitchers Mound

Infield Fence (dugout area)

5. Field prep:

Rake out any rough areas or high spots using a field rake. Fill in low spots with rake and rake any rocks into piles. Pick up any rocks and discard them outside the playing field. If the ground is damp, tamp the batters boxes and pitching areas to compact the dirt. If the ground is dry, rake these areas to ensure a level surface. Chalk the baselines. Run a string from the point of home plate past the outside edge of first and third bases. Obtain chalk machine from supply sheds and fill with chalk.

AFTER GAME PROCEDURE:

Leave the field in the proper condition for the next game.

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

Notify parents if their child has been injured, no matter how small or insignificant the injury.

#### STORAGE SHED PROCEDURES

The following applies to all storage sheds used by Lincoln Youth Little League and applies to anyone who has a key, or a lock code issued by LYBLL to use those sheds.

All individuals with keys/ codes to the equipment sheds

(Coaches, Umpires, Volunteers Etc.) are aware of their responsibilities for the safe and orderly storage of rakes, shovels, bases etc.

Before you use any machinery located in the shed (i.e.

lawnmowers, Weed Wackers etc.) please locate and read the written operating procedures for that equipment.

All chemicals or organic materials stored in the sheds shall be properly marked and labeled as to its contents. Avoid using containers to store one material that is marked as containing other ingredients. Do not use containers in this fashion that have recognizable shapes that could be misconstrued (e.g. milk jugs, gatorade bottles).

All chemicals or organic materials (i.e. Lime, fertilizer, etc.) stored within the storage sheds will be separated from the areas used to store machinery and gardening equipment (rakes, shovels, etc.) to minimize risk of puncturing storage containers.

Any witnessed loose or spilled chemicals or organic materials within the sheds should be cleaned up and disposed of as soon as possible to prevent accidental poisoning.

For more information about facility safety at LINCOLN YOUTH BASEBALL LL, or to report a concern, please contact: League Safety Officer

#### **Facility Safety Resources:**

- Day to Day Safety Checklist (<https://www.littleleague.org/university/articles/the-safest-little-league-experience-comes-from-doing-common-tasks/>)
- Pre-Season Facility Checkup (<https://www.littleleague.org/university/articles/conduct-a-facilities-safety-check-before-the-season-starts/>)

# TRAINING & EDUCATION

When volunteers are trained and prepared, it helps to prevent injuries, respond to emergencies, and create a positive experience for everyone involved. This section highlights the volunteer trainings that LINCOLN YOUTH BASEBALL LL requires and encourages.

## **Abuse Awareness Training**

Little League requires all volunteers who undergo a background check to complete Abuse Awareness Training each year. LINCOLN YOUTH BASEBALL LL confirms that all required volunteers complete Abuse Awareness Training each season.

## **Safety Awareness Training (Little League University)**

Safety Awareness Training helps volunteers understand common safety risks, recognize unsafe situations, and take proactive steps to prevent injuries.

LINCOLN YOUTH BASEBALL LL requires Safety Awareness Training for: League Officers/Board Members, Managers and Coaches.

## **First Aid Awareness Training (Little League University)**

First Aid Awareness Training helps volunteers recognize injuries, respond appropriately, know when to call 911, and take steps to prevent medical emergencies.

LINCOLN YOUTH BASEBALL LL requires First Aid Awareness Training for League Officers/Board Members, Managers and Coaches.

## **Diamond Leader Training (Little League University)**

Diamond Leader Training supports coaches and volunteers in creating a positive team environment focused on player well-being, sportsmanship, communication, and healthy culture.

LINCOLN YOUTH BASEBALL LL requires Diamond Leader Training for Not Required in our League.

## **Additional Trainings Offered or Encouraged**

LINCOLN YOUTH BASEBALL LL has indicated that it offers or requires the following additional trainings:

- Coaching Skills & Game Fundamentals Training
- Formal First Aid Certification

**Best practice:** Share a simple training plan at the start of the season outlining required courses, who must complete them, and suggested deadlines. Clear expectations help volunteers stay on track.

**Training and Education Resources:**

- Little League University (LLU) Trainings Overview (<https://www.littleleague.org/university/training/>)
- Little League Abuse Awareness Training (<https://www.littleleague.org/university/articles/abuse-awareness-training-course/>)
- Little League Safety Awareness Training (<https://www.littleleague.org/university/articles/safety-awareness-training-course/>)
- Little League First Aid Awareness Training (<https://www.littleleague.org/university/articles/first-aid-awareness-training-course/>)

# ACCIDENT INSURANCE & INCIDENT REPORTING

Accidents can happen at any time, and being prepared helps leagues support families and volunteers when they do. Understanding and documenting injuries ensures everyone gets the help they need and allows the league to strengthen safety practices for future seasons.

## How to Submit an Accident Claim

If a player or volunteer requires medical treatment after a league-sanctioned activity, families should follow these steps:

1. Download the Accident Claim Form from [LittleLeague.org](http://LittleLeague.org).
2. Provide the claimant's full information, including parent or guardian details if the claimant is a minor.
3. Complete all sections of the form. Missing information causes delays.
4. Include primary insurance information. If the claimant has no insurance, written employer verification is required.
5. Attach itemized medical bills that include dates of service, procedure codes, diagnosis codes, and charges.
6. For dental injuries, submit bills to the primary medical and dental insurer first, then include the insurer's Explanation of Benefits.
7. Have a league official (President, Safety Officer, etc.) complete and sign the League Statement section.
8. Completed claim forms and supporting documents must be mailed. Email and fax submissions cannot be accepted.

Questions about the claim process may be sent to [AccidentClaim@LittleLeague.org](mailto:AccidentClaim@LittleLeague.org).

## Incident Tracking

LINCOLN YOUTH BASEBALL LL documents all injuries and incidents that occur during league activities.

- Reports are completed using the official Little League Incident Tracking Form.
- A designated league officer is responsible for collecting and reviewing each report.
- Reviewing incident information throughout the season helps the league identify trends, address hazards, and strengthen safety practices.

**Best practice:** Monitor incident reports and near-miss situations regularly during the season. Tracking both helps identify emerging patterns, field conditions, equipment problems, or other safety concerns, so the league can take proactive steps to prevent injuries and improve the overall safety of the program.

**Additional information provided by your league:**

An accident that causes a player, manager, coach, volunteer or spectator to receive medical treatment and/or first-aid must be

reported to the Safety Officer within 48 hours. This includes passive

treatments such as the evaluation and diagnosis of the extent of injury. The League also asks that coaches and managers report any "near misses" where significant injury could have occurred because of a safety related issue.

How to make a report?

Complete an "Incident/Injury Tracking Report" <https://www.littleleague.org/downloads/accident-claim-form/> and send it to the Safety Officer along with the following information:

1. Name and phone number of persons involved

and the relationship to Lincoln Youth Baseball Little League (player, coach etc.).

2. Date, time, and location of incident.

3. As detailed a description of the incident as possible.

4. Preliminary estimation of the extent of any injuries.

5. Name and phone number of person reporting the incident.

Email this information within 24 hours of the incident: [lybboardsafety@gmail.com](mailto:lybboardsafety@gmail.com)

To report an incident, or for more information about filing an accident claim, please contact: League Safety Officer

**Accident Reporting Resources:**

- Little League Incident Tracking Form (<https://www.littleleague.org/downloads/incident-injury-tracking-form/>)
- AIG Accident Claim Form (<https://www.littleleague.org/downloads/accident-claim-form/>)
- How to File an Accident Claim (<https://www.littleleague.org/university/articles/how-to-submit-an-accident-insurance-claim/>)
- Little League Insurance Program Overview (<https://www.littleleague.org/university/articles/little-league-insurance-programs/>)

# LITTLE LEAGUE RULES & SAFETY BEST PRACTICES

Creating a safe, enjoyable playing environment begins with following Little League's official safety rules and reinforcing practices that protect players, volunteers, and families. LINCOLN YOUTH BASEBALL LL has confirmed that it meets all required safety standards.

## Little League Safety Rules

Little League's official safety rules are designed to prevent injuries and establish consistent expectations across the program. These rules help ensure safe play during practices and games.

Leagues must enforce the following:

- On-deck batters are not permitted in the Majors Division and below
- Batters, base runners, and player base coaches must wear helmets at all times
- Catcher's gear must include a dangling throat guard
- Metal cleats are prohibited in the Majors Division and below
- Disengageable bases are required on all baseball and softball fields
- Head-first sliding while advancing is not permitted in the Majors Division and below
- Pitch count limits and required rest days must be followed in all baseball divisions
- Bats must meet current Little League standards
- Game balls must meet current Little League standards and be in good condition

## Safety Best Practices

In addition to official rules, many leagues adopt extra safety practices that strengthen routines, reinforce expectations, and create a positive environment for players, families, and volunteers.

Common safety best practices include:

- Keeping dugout and field gates closed during play
- Using a double first base on baseball and softball fields
- Reminding players not to throw equipment or swing bats near others
- Reviewing lightning and severe weather procedures with coaches and umpires
- Ensuring each team has emergency contact information available at practices and games
- Leading age-appropriate warm-ups and stretching to reduce injury risk
- Marking spectator areas clearly and keeping them separate from the field
- Encouraging volunteers, parents, and players to model sportsmanlike and respectful behavior
- Sharing safety reminders with families (emails, signage, or meetings)
- Posting safety signage in common areas (e.g., "No Climbing Fences," "Foul Ball Awareness," "AED Located Here")

## **Additional information provided by your league:**

### SAFETY SUMMARY

#### 1. General Safety Guidelines

Each manager, coach and umpire are responsible for safety.

Think about planning for emergency medical services in advance of every game and practice. THERE SHOULD BE A CELL PHONE AVAILABLE AT EVERY GAME OR PRACTICE.

Attend first aid and CPR training and know the essentials.

Regularly inspect equipment. Report any broken or unsafe equipment, including dented or cracked bats, missing shin guard straps, and broken straps or things on baseball gloves.

Make sure equipment fits properly. Report any poorly sized equipment.

Catchers must wear a catcher's helmet, mask, throat protector, shin guards, chest protector and protective cup.

Only players, managers, coaches and umpires are permitted on the field during play.

Establish safe procedures for retrieving foul balls and other balls that leave the playing area. DO NOT HAVE PLAYERS OR SPECTATORS CHASING BALLS INTO THE STREET.

#### 2. Players

All players should be alert – watch the ball on every pitch.

Headfirst sliding is NOT permitted

No horseplay, including climbing fences.

Players should remain on the field or bench during play.

All players are encouraged to wear mouth guards and protective cups.

All players are encouraged to wear face guards when batting.

Players who wear glasses should use safety glasses.

No jewelry is permitted except for medic-alert bracelets.

Uniforms must be in good order (i.e. shirt tucked in and caps facing forward).

No "on deck" circle.

Use spotter with helmet when warming up pitchers. Any player warming up the pitcher MUST WEAR A HELMET AND MASK.

Any offensive player on the field during play must wear a helmet (e.g. any player acting as base coach)

#### 2. Spectators

Spectators in foul and "out-of-play" territory are to remain alert and back from the field of play.

Spectators should not enter the field of play, including bench and warmup areas.

Supervise young children.

Pets should be on a leash.

PLAYERS, UMPIRES, COACHES and SPECTATORS additional rules:

Make sure all players are warmed up prior to games and practices.

All catchers need to wear proper protective gear.

Managers and Coaches are not allowed to catch pitchers, including standing at the backstop during practice as an informal catcher for batting practice.

Except as specifically allowed by little league rules, there is a no on-deck circle and there is NO swinging of bats by any players other than the batter at the plate.

All players must wear sound batting helmets when batting, running the bases and base coaching. If there is a crack in the helmet, it is NOT sound.

Players are allowed to wear baseball shoes with rubber molded cleats ONLY. Except as specifically allowed by Little League rules. NO STEEL CLEATS/ METAL SPIKES ARE ALLOWED!

Athletic supporters MUST be worn by all AAA, Majors and Junior players during practices and games.

Encourage players to bring water to both practices and games.

Any abrasions or cuts MUST be covered with band-aids or dressings prior to practice and games to protect the player from injury and bleeding from wound. If a player is bleeding from an abrasion or cut, the player may NOT participate until the bleeding is stopped and the wound is covered. If there is blood on the uniform or clothing it must be changed.

Players, Managers and Coaches are encouraged to wear and should wear sun block.

Players may NOT wear watches or ANY other jewelry.

All umpires must wear protective gear, including a mask and throat protector, chest protector and shin guards. Umpires under 18-years of age must also wear a helmet.

Concession stand personnel must know how to operate all equipment in the concession stand.

NO ONE UNDER 15 YEARS OLD ALLOWED IN CONCESSION STANDS.

NO DRUGS OR ALCOHOL ALLOWED ON ANY PREMISE AT ANY TIME

No medication may be administered to a player at a facility unless administered directly by the child's parent or as otherwise indicated on the medical release form.

## **2026 FACILITY SURVEY REPORT**

This report provides an overview of the information submitted by LINCOLN YOUTH BASEBALL LL through the Little League Annual Facility Survey. The survey helps document the condition of each field, identify safety or maintenance needs, and track important facility details such as fencing, bleachers, lighting, emergency equipment, and field use.

The information in this summary reflects the league's responses for each field and is intended to support planning, safety awareness, and ongoing facility improvements throughout the season.

# ROBERT GRAY MIDDLE SCHOOL NORTH

5505 SW 23rd Ave  
Portland, OR 97239

Facility survey last updated 3/2/2026

## Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
0 ft.	0 ft.	0 ft.	15 ft.	0 ft.

## Left Field Foul Territory

Home Plate	Third Base	Foul Pole
18 ft.	18 ft.	0 ft.

## Right Field Foul Territory

Home Plate	First Base	Foul Pole
19 ft.	19 ft.	0 ft.

## General Details

<b>Parking Capacity</b>	51-100
<b>Bleacher Capacity</b>	None/NA
<b>Ownership</b>	School
<b>Maintenance Responsibility</b>	School

## Emergency Equipment

<b>Safety Features</b>	Batter's eye, Pitcher's eye, Dugout fencing
<b>Emergency Equipment Available</b>	First aid kit

## Field and Playing Area

<b>Field is Fenced</b>	No
<b>Fence Material</b>	Chain-link
<b>Basepath Material</b>	Soil
<b>Baseline Marking Material</b>	Lime
<b>Infield Surface</b>	All-dirt or clay infield
<b>Playing Features</b>	Permanent pitching mound, Backstop

## Lighting

<b>Lights Installed</b>	No
<b>Pole Type</b>	
<b>Underground Wiring</b>	
<b>Light Poles Grounded</b>	
<b>Date Electrical System Last Inspected</b>	
<b>Date Light Levels Last Tested</b>	
<b>Light Levels Meet Little League Standards</b>	

## Field Usage

<b>Field Used for Tournament Play</b>	Yes
<b>Scheduling Limitations</b>	Limited time allowed for practices, Restrictions on the number of teams or games scheduled, School or municipal policies that impact scheduling

## Bleachers

<b>Material</b>	Wood
<b>Annual Inspection</b>	<input checked="" type="checkbox"/>
<b>Safety Railing</b>	
<b>Handrails</b>	
<b>Overhead Screens</b>	