



2025 RPLL Safety Training (Cheat Sheet and Important Docs)

Goal: Provide a **safe, fun environment** for kids to enjoy the game, get exercise, and socialize with each other

Your Job:

Manager/Coaches: Aside from the baseball ... a manager understands the safety rules and plan; ensure team, staff, parents, spectators act in a safe manner and abide the safety rules; work with safety volunteer to establish safety rule compliance.

Safety Volunteer: A team safety volunteer is a second set of eyes focusing on safety. You understand all relevant safety rules and act as a safety advocate to team staff, parents and spectators. You are your managers partner to ensure all team activities are conducted in a safe environment.

Safety Officer: Ensure RPLL complies with all Little League International (LLI), Federal, State, and Local rules; develops and submits the safety plan to LLI annually; trains on safety; communicates safety issues to RPLL Board, Dist. 32 or LLI as required.

AED/Safety Kits:

- All Fields have a safety bins (ice pack, gauze, band aids, ointment, wipes, etc); as should all managers
- AEDs - BMR in Safety Bin Outside Field 1; Canyonside - at Fields 2, 3, 4, 6
- Snack Bar - has a safety kit, ice, 2025 Safety Plan, shock blanket

The Do's:

Pre-Practice/Game To Dos:

- Open Safety Bins at the start of all practices and games (LOCK UP AFTER!)
- Managers - make sure you have all of the safety forms (safety volunteers can be of help)
- Check for Snakes/Gophers
- Equipment
 - Bats - Must be stamped USA (or BBCOR for IM or above); Tball only must say have Tball stamp (no Tball bats may be used above Tball)
 - Cups - this is mandatory
 - Helmets - whenever players have a bat in hand or are catching. If catching (warm ups, game time, etc), helmet must have facemask with throat guard

During/After Game:

- Arm Care - Work with manager on their plan for keeping track of pitch counts for Arm Care; watch for sore arms; work with families on other arm uses

- Bathroom Safety - Buddy System and Parent Volunteer to ensure bathrooms are safe
- Only Manager and Two Coaches on field (Tball, Farm, Maps as needed may have dugout parent)
- Pick up Safety - no player should never be left alone at the field
- Injury Reports - must be submitted within 24 hours to safety@rppl.org; an injury is something that occurred during baseball activity and generally requires medical attention. May return only to play after medical leave with doctor clearance (contact Playeragents@rppl.org and Safety@rppl.org)
- Concussion Protocol
- Do feel free to contact Safety@rppl.org with any questions or concerns
- Remember: Please be aware for any potential abuse or other safety concerns (physical, social, emotional). Please contact Playeragents@rppl.org or safety@rppl.org (although only mandatory for managers, coaches and board - please consider taking the abuse awareness training at: <https://www.littleleague.org/university/articles/abuse-awareness-training-course/>)

The Don'ts:

- No Food in the Dugout or On the Field
- No Gum or Seeds in Dugout or on the Field
- No jewelry (sorry sparkly necklaces, rings, watches, pins)
- No on deck circle (Majors and Below no exceptions)
- No headfirst sliding when advancing to a base (Majors and Below)
- No adult, including managers or coaches shall play catch with any uniformed player at a field of play on game day. Managers or coaches are permitted to warm up at home plate or bullpen at any time.
- No 1:1 interactions/rides home etc

Important Numbers/Emails:

President: Aaron Hurvitz - president@rppl.org; (858) 952-9666
 Safety Officer: Paloma Ramirez - safety@rppl.org ; (858) 775-2837
 (** contact me for incident reports; restock of supplies; questions)
 Police, Fire, Ambulance: 911
 SDPD - Northeastern Division - (858) 538-8000 (non-emergency)

Important Documents:

2025 Safety Plan - [RPLL 2025 Safety Plan.docx](#)

Injury Report - [incident-injury-tracking-form.pdf](#)

Pitch Count Rules -

https://www.littleleague.org/playing-rules/pitch-count/?_gl=1*xftxaf*_up*MQ..&gclid=CjwKCAiA1MCRBhAoEiwAC2d64Tlb54zQKdHGRs7JOIQ9_fH1wT3QeUO3Pw2ZUk_JgKTRzkb_315tJhoCzbQQAvD_BwE#baseball

RPLL Equipment Safety Checklist - [Rancho Penasquitos Little League Equipment Safety Checklist.docx](#)