

Viejo Little League Safety Rules

- Have first-aid kit and medical release forms at all practice and game locations.
- Coaches can't catch infield or outfield.
- The player catching for a coach with a bat must have catcher's mask on.
- Players, coaches and manager shall stay in dugout between innings. Offensive coaches must remain in dugout between innings until throw down from catcher.
- No coaches or players are allowed to talk through fence/backstop at any time during game.
- Manager and coaches may not warm up pitchers.
- Check playing field for hazards such as rocks, glass, holes, animal feces, holes.
- Only players, managers, coaches and umpires are permitted on the playing field or in the dugout during games and practice sessions.
- Never encourage a batter to voluntarily get hit by a pitch or "take one for the team".
- Inclement Weather
 - Clear fields immediately after thunder has been heard or lightening seen.
 - Wait 30 minutes before returning to play after last sign of lightening activity in your area.
 - Cars shouldn't leave until the game is called, so all players can be accounted for.
- Anyone pitching to a batter in practice on the field from a distance shorter than the pitching plate must be protected behind an L-screen.
- Batting helmets cannot be altered in any way (no stickers added). This could affect the performance of the helmet upon impact.
- Monitor the integrity of the equipment. If equipment is lost or damaged immediately notify Equipment Director.
- No bats can be swung or held in the dugout.
- No bats can be swung outside the playing field.
- No on-deck circle exists at any level below Juniors.
- Only one batter can warm-up outside dugout between innings.
- Catchers must wear helmet, mask, throat guard, long model chest protector, shin guards and protective cup when playing in a game or behind a batter.
- When warming up a pitcher, catcher must wear helmet, mask and throat guard.

Batting Cage Rules

- Only 2 people (pitcher and batter) in cage at one time, unless balls are being collected
- Pitcher must use L-screen at all times
- Batter must wear little league-approved helmet
- No cleats in cages
- No swinging bats outside cage for any reason
- No climbing on cage fencing
- No climbing on large bins
- Only league-approved volunteers can be in cage
- Only league-approved volunteers can pitch in cage
- Keep gate closed at all times to prevent balls from exiting

Emergency/Accident Reporting Procedures

- Give first-aid and have someone call 911 immediately if necessary (e.g. neck/head injury, not breathing).
- Ask someone to find or call parent(s)/guardian.
- Within 12 hours of any incident requiring first-aid or medical treatment, fill out Incident/Injury Tracking Form (which can be found in manager notebook or at www.viejoll.org) and deliver to Safety Officer John Brault.
 - 949-291-4015
 - johnbrault@sempersci.com