



## **EAST MOUNTAIN LL 2026 SAFE SUMMARY**

**League Location:** Sandia Park, NM

**League ID:** 4310525

# **EAST MOUNTAIN LL 2026 SAFE SUMMARY**

Dear Volunteers, Parents/Guardians, and Players:

EAST MOUNTAIN LL 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,

EAST MOUNTAIN 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

### Stephanie Francis

League President

[sccarrara@gmail.com](mailto:sccarrara@gmail.com)

[505-710-1872](tel:505-710-1872)

### Joseph Allred

League Safety Officer

[allred.airborne@gmail.com](mailto:allred.airborne@gmail.com)

[505-803-6416](tel:505-803-6416)

### MICHELLE CAKE

District Administrator

[michellecake32@gmail.com](mailto:michellecake32@gmail.com)

### William Wilson

District Safety Officer

[wariorgolfr11@msn.com](mailto:wariorgolfr11@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.

## Additional information provided by your league:

Children, Youth, and Families Department contact info:

Report Child Abuse & Neglect - (855) 333-7233

REACH NM - (505) 591-9444

Help is just a text away! It's free, anonymous and staffed by a specially trained team that is standing by 24/7/365. Youth may text to report abuse, neglect or to access family resources.

CYFD Peer to Peer Warm Line:

The Peer-to-Peer Warmline is a free statewide program that offers New Mexicans a place to call and talk with people with lived experience and can be a great asset for Resource/Foster Parents, Biological Parents, and Guardians who are in need of support.

Warmline peer specialists work in close coordination with the professional staff on the New Mexico 988 Crisis and Access Line and are available to call from 7:00am -11:30pm MT or by text from 6:00pm-11:00pm MT, 7 days a week, 365 days a year. You can reach the New Mexico Peer-to-Peer Warmline at 1-855-4NM-7100 (466-7100).

# 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

EAST MOUNTAIN 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

EAST MOUNTAIN 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

EAST MOUNTAIN 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

EAST MOUNTAIN 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

EAST MOUNTAIN 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.

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

Coach Interview – EMLL conducts interviews before appointing and approving managers and coaches.

Code of Conduct - All managers, coaches, umpires, parents, and spectators must set good examples of sportsmanship and competition for all our children. Any parent, coach, or spectator guilty of improper conduct at any game or practice will be asked to leave the sports facility and be subject to suspension. Repeat violations may result in multiple game suspensions or forfeiture of the privilege to attend any games for the remainder of the season.

Parents/Guardians agree to:

Accept the policies included in this EMLL Parent Guide & League Bylaws Handbook.

Be a positive role model for every child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, and activity.

Respect all coaches and umpires. Never question, discuss, or confront coaches or umpires at the game field; take time to speak with coaches at an agreed upon time and place.

Not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent. This includes but is not limited to booing and taunting; refusing to shake hands; or using profane language or gestures.

Teach children to play by the rules and to resolve conflicts without resorting to hostility or violence.

Unless you are an official coach of the team, only offer positive encouragement and refrain from unnecessary coaching.

Never ridicule or yell at any child for making a mistake or losing a game.

Emphasize skill development and teamwork over winning. Agree to de-emphasize competition, particularly in the lower age groups.

Promote a sports environment that is free from drugs, tobacco, and alcohol, and refrain from their use at all Little League events.

ID Badge - All approved on-field volunteers will be issued a photo ID badge that indicates the year of service. Photo ID badges must be in the possession of the volunteer during all Little League events.

Transportation of Players - Before any manager/coach can transport any EMLL participant, other than his/her own child(ren), they must:

- Have a valid driver's license.
- Submit a photocopy of the driver's license to the EMLL Player Agent so the driving record can be checked.
- Submit a photocopy of proof of insurance to the EMLL Player Agent (MUST have Uninsured Motorist coverage)
- Wear corrective lenses if driver's license stipulates.
- Notify the EMLL Player Agent of who is driving and when. This must be done at least 24 hours prior to departure.

- Have signed permission slips from parents before children are transported.
- Have the correct class of license for the vehicle he/she is driving.
- Not carry more children in their vehicle than available seat belts.
- Make sure that the vehicle is in good running order and that it would pass a NM vehicle safety inspection if spontaneously given.
- Not drive in a careless/reckless manner.
- Not drive under the influence of alcohol, drugs or medication.
- Obey all traffic laws and speed limits at all times.

Zero Tolerance Policy - Little League does not tolerate any type of abuse against a minor, including, but not limited to, sexual, physical, mental, and emotional (as well as any type of bullying, hazing, or harassment). Violators will be required to meet with the league's board or disciplinary committee. The league has the authority to sanction or suspend any player, manager, coach, or parent.

For Players - Any unsportsmanlike conduct, including the use of profanity, fighting, or bullying by a player shall result in ejection from a game or other disciplinary action. A player ejected from a game will be suspended from the following game played. A player ejected from a game or disciplined for a second time will be ineligible for the following two games played. The player and parent(s) will be required to meet with the Disciplinary Committee or League President prior to further participation.

Note: EMLL reserves the right to immediately expel any player if the severity of their actions warrants.

For Volunteers - Adult volunteers will only get one warning regarding unsportsmanlike conduct. Any violation of the EMLL Conduct Code may result in ejection, suspension, or other disciplinary action. A coach who is ejected from a game must leave the game site and may not sit in the stands as per rule 4.07. The coach will be suspended for the following game played and shall not be present at the field either before or during the game, nor interact in any way with the coaches or players during the playing of that game. The suspended coach will be required to meet with the Disciplinary Committee before further participation. The nature of the ejection may disqualify the coach from All-Star participation. A coach ejected from a game for a second time will be expelled for the remainder of the season. Note: EMLL reserves the right to immediately expel any coach or volunteer if the severity of their actions so warrants.

For Spectators - Any spectator who violates the EMLL Code of Conduct will be asked to leave the facility and may be required to meet with the Disciplinary Committee prior to further attendance. Failure to do so may result in more severe penalties up to and including revocation of league membership. He or she shall also be subject to trespassing laws.

ANY INFRACTION OF LITTLE LEAGUE RULES WILL BE GROUNDS FOR IMMEDIATE REMOVAL FROM THE GAME AND FROM THE EMLL COMPLEX. THE OFFENDER MAY BE

SUBJECT TO FURTHER DISCIPLINARY ACTION BY THE EMLL BOARD OF DIRECTORS.

**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.

EAST MOUNTAIN 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:**

Call 911 IMMEDIATELY if an individual is unresponsive.

Call 911 IMMEDIATELY for the following:

Anaphylaxis – A severe, potentially life-threatening allergic reaction. Symptoms include difficulty breathing or wheezing, swelling of the face/lips/throat, rapid or weak pulse, skin reactions/hives/redness, nausea/vomiting/dizziness. Action Plan:

- o Confirm symptoms and identify trigger
- o Assess breathing, circulation and consciousness
- o Administer EpiPen immediately
- o Lay the person down and elevate their legs
- o Be ready to administer a second EpiPen
- o Notify parent(s)/guardian(s)

Choking – Airway Blockage Action Plan:

- o Perform Abdominal Thrusts (Heimlich Maneuver)
- o Check for cleared airway
- o Notify parent(s)/guardian(s)

Concussion – A brain injury that requires immediate medical attention. Symptoms include disorientation, inability to track object with eyes, headache, nausea/vomiting/dizziness, imbalance/incoordination, light or noise sensitivity, confusion/memory loss/trouble concentrating, exercise intolerance, or neck pain/tenderness/stiffness. Action Plan:

o Check for the following and call 911 IMMEDIATELY if observed:

Unresponsiveness,

Seizure or convulsions,

Weakness, tingling or burning in the arms or legs

Increased confusion or trouble staying awake

Severe or worsening headache,

Visible deformity

o Notify parent(s)/guardian(s)

Extreme Fracture or Dislocation – A fracture is a break or crack in the bone. A dislocation is a joint that is traumatically forced out of position. Can cause severe swelling, pain, deformity, and inability to move the affected area. Action Plan:

- o Assist player off field if able. If unsafe, remain unmoved until emergency help arrives
- o Immobilize the injury
- o Apply a splint or sling, if trained to do so
- o Reduce swelling by applying ice.
- o Notify parent(s)/guardian(s)

Heat Stroke – Symptoms include: disorientation, dizziness, or loss of consciousness; hot, pale, dry skin with no sweating; seizures, vomiting, and low blood pressure. Action Plan:

- o Call 911 immediately
- o Move the person to a cool, shaded area
- o Remove excess clothing to help lower body temperature
- o Cool rapidly with ice packs or water
- o Do not give fluids if they are unconscious
- o Notify parent(s)/guardian(s)

Sudden Cardiac Arrest –Life-threatening emergency seen in unresponsive individuals that must be identified and treated urgently. Signs include sudden non-contact collapse, unprotected/unguarded fall, absent pulse, stressed or absent breathing, or unresponsiveness. Action Plan:

- o Call 911 immediately and administer CPR
- o Use AED if available
- o Notify parent(s)/guardian(s)

Inclement Weather:

Lightning - If there is a lightning strike within 10 miles, a league official will alert all players, coaches, families, and volunteers. If at the EMLL Facility:

Suspend all games/practices immediately.

Stay away from metal including fencing and bleachers.

Do not hold metal bats.

Players will return to their parent's/guardian's car.

Games/practices may resume after waiting 30 minutes from the last lightning strike.

**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 EAST MOUNTAIN LL:

- Little League First Aid Awareness Training: **Recommended**
- Formal First Aid Certification: **Recommended**
- CPR Certification and AED Use Training: **Not Offered**

## 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 EAST MOUNTAIN 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

EAST MOUNTAIN 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.

EAST MOUNTAIN LL has reported that it does not currently have any AEDs available.

**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:**

Managers/Coaches should use latex gloves at all times while treating open wounds or are subject to exposure to bodily fluids. Each team is given a first aid kit with gloves inside.

First Aid Kit - The first aid equipment will be inspected at the beginning of the season by the Safety Officer. Coaches and managers will be instructed to request restock items from the safety officer. If additional items are required, the concession stand will have items available upon request.

The following are common injuries and treatment details:

Bloody Noses – Nosebleeds are common in youth sports.

Reassure the player to stay calm

Help them sit straight with head tilted slightly forward

Pinch the soft part of nose for 10 minutes

Once bleeding stops, clean away blood

Seek medical help if heavy bleeding persists beyond 15 minutes or the nose appears broken.

Cuts/Scrapes – Small abrasions or lacerations can be treated simply with the contents of the first aid kit.

Rinse with clean water

Apply pressure with gauze

Dress with appropriate, sterile dressing.

Dental Injuries - All dental injuries require the immediate attention of a dentist. Many times, the tooth can be repaired/replaced and heal appropriately.

Avulsion: Complete dislodgement of the tooth and root from its socket.

o Place sterile dressing directly in the space left by the tooth and have the victim bite down to keep in place.

o Do NOT handle tooth by the root.

o Place the tooth back in the socket if possible or store it in milk or saline solution.

Luxation – Tooth remains in the socket but is displaced or out of alignment. It can be extruded (hangs down from top or raised up on bottom), laterally displaced (pushed or pulled back and forward), or intruded (pushed into the gum and appears shorter).

o Repositioning can be attempted for extruded or laterally displaced teeth.

o Leave tooth alone and transport to dentist.

o All three scenarios require immediate dental intervention

Fracture – Tooth is broken in half.

- o Follow storage and transport for Avulsions.
- o Use gauze and bite down to control any bleeding.
- o Save any broken pieces of the tooth and go to the dentist immediately.

Heat-Related Illnesses – Risk factors include extended time in the heat, lack of heat acclimation, dehydration, heavy uniforms or equipment

Heat Cramps – Muscle spasms in legs, arms, or abdomen, causing pain or tightness.

- o Rest in a cool or shaded area
- o Rehydrate and replace electrolytes
- o Stretch/massage the muscles
- o Apply a cool cloth to reduce temperature
- o Seek medical attention if the cramps last more than 1 hour

Heat Exhaustion – Excessive sweating, weakness/dizziness, nausea/headache

- o Treat on site if mild
- o Move to shade or air-conditioning
- o Lay individual down and elevate legs
- o Remove excess clothing and hats
- o Provide cool water or electrolytes drink
- o Apply cool, damp towels to skin
- o Do not leave unattended
- o Seek medical attention if symptoms last more than 30 min

Heat Stroke – Symptoms include: disorientation, dizziness, or loss of consciousness; hot, pale, dry skin with no sweating; seizing, vomiting, and low blood pressure

- o Call 911 immediately
- o Move the person to a cool, shaded area
- o Remove excess clothing to help lower body temperature
- o Cool rapidly with ice packs or water
- o Do not give fluids if they are unconscious

Sprains and Strains – Among the most common injuries in youth baseball and softball.

Strains – Injury to muscles or tendons caused by overstretching or overuse, often a non-contact injury.

Sprains – Injury to a ligament from overstretching or tearing. Symptoms for both include pain, swelling, bruising, and difficulty moving the affected area. Both are treated similarly:

o PRICE – used to minimize pain and swelling while protecting the injured area:

P – Protection – limit movement and weight bearing

R – Rest – Avoid using the injured area

I – Ice – Apply ice for 15-20 minutes every 1-2 hours

C – Compression – Wrap the area with an elastic bandage

E – Elevation – Raise the injured area above the heart

o Seek medical help for:

Severe swelling/bruising/significant discoloration

Inability to move or bear weight

Possible fractures or visible deformity

Persistent numbness

#### **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 EAST MOUNTAIN LL, coach or 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:

Equipment is inspected prior to distributing at the beginning of the season and when returned at the end of the season. Coaches, managers, and umpires regularly inspect equipment at practices and games. Equipment that is damaged or determined to be unsafe by coaches, managers, or umpires will be replaced.

## 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

EAST MOUNTAIN 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

EAST MOUNTAIN 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 EAST MOUNTAIN 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 EAST MOUNTAIN 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:**

Facility Safety: EAST MOUNTAIN LL works closely with Bernalillo County to maintain the baseball and softball fields. To report a concern, please contact the league President or Safety Officer.

For more information about facility safety at EAST MOUNTAIN LL, or to report a concern, please contact: Bernalillo County owns the fields and makes repairs at the request of the 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/>)

# CONCESSION STAND SAFETY

Concession stands add to the game day experience, but they also involve equipment, heat sources, and food handling, all of which require clear safety procedures. The information below summarizes how EAST MOUNTAIN LL helps maintain a safe concession operation throughout the season.

EAST MOUNTAIN LL has confirmed that its concession stand(s):

- Follow all applicable local health and safety regulations
- Provide volunteers with guidance in safe food handling and equipment use
- Maintain a working fire extinguisher that is readily available
- Keep first aid supplies in the concession stand
- Do not allow minors to work in or remain inside the concession stand during operating hours

**Best practice:** Post simple safety reminders inside the concession stand so volunteers can quickly review expectations before each shift, including:

- Handwashing steps
- Safe food temperatures
- Equipment shut-off procedures
- Location of the fire extinguisher
- Emergency contact information

For more information about concession stand safety at EAST MOUNTAIN LL, or to report a concern, please contact:  
Concessions Manager

## Concession Stand Safety Resources:

- Concession Stand Safety (<https://www.littleleague.org/university/articles/concession-stand-safety-tips-12-steps-to-safe-sanitary-food-service/>)
- Concession Stand Safety Checklist (<https://www.littleleague.org/university/articles/concession-stand-inspection-checklist/>)

# 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 EAST MOUNTAIN LL requires and encourages.

## **Abuse Awareness Training**

Little League requires all volunteers who undergo a background check to complete Abuse Awareness Training each year. EAST MOUNTAIN 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.

EAST MOUNTAIN LL requires Safety Awareness Training for: League Officers/Board Members, Managers and Coaches, Umpires, All Other Volunteers.

## **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.

EAST MOUNTAIN LL requires First Aid Awareness Training for Not Required in our League.

## **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.

EAST MOUNTAIN LL requires Diamond Leader Training for Not Required in our League.

## **Additional Trainings Offered or Encouraged**

EAST MOUNTAIN LL has indicated that it offers or requires the following additional trainings:

- Coaching Skills & Game Fundamentals Training
- CPR Certification
- Concession Safety Training
- Little League Prepare Training (Little League University)
- Little League Play Training (Little League University)
- Little League Umpire Training (Little League University)

**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.

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

Coaches and managers are strongly encouraged to complete Diamond Leader training. Diamond Leader training is required for tournament coaches and managers.

**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

EAST MOUNTAIN 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.

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. EAST MOUNTAIN 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")

## **2026 FACILITY SURVEY REPORT**

This report provides an overview of the information submitted by EAST MOUNTAIN 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.

# FIELD #1 (JUNIOR/SENIOR)

15c La Madera  
Sandia Park, NM 87047-0876

Facility survey last updated 2/12/2026

## Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
303 ft.	303 ft.	303 ft.	30 ft.	15 ft.

## Left Field Foul Territory

Home Plate	Third Base	Foul Pole
30 ft.	30 ft.	30 ft.

## Right Field Foul Territory

Home Plate	First Base	Foul Pole
30 ft.	30 ft.	30 ft.

## General Details

<b>Parking Capacity</b>	51-100
<b>Bleacher Capacity</b>	1-100
<b>Ownership</b>	Municipality
<b>Maintenance Responsibility</b>	Municipality

## Emergency Equipment

<b>Safety Features</b>	Outfield warning track, Batter's eye, Dugout fencing, Bullpen, Disengageable bases
<b>Emergency Equipment Available</b>	First aid kit, Lightning detection/warning system

## Field and Playing Area

<b>Field is Fenced</b>	Permanent
<b>Fence Material</b>	Chain-link
<b>Basepath Material</b>	In-Field Mix
<b>Baseline Marking Material</b>	Non-Caustic Chalk
<b>Infield Surface</b>	In-Field Mix
<b>Playing Features</b>	Permanent pitching mound, Foul poles, 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>	No
<b>Scheduling Limitations</b>	Limited time allowed for practices, School or municipal policies that impact scheduling

## Bleachers

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

# FIELD #2 (INTERMEDIATE/OTHERS)

15c La Madera  
Sandia Park, NM 87047-0876

Facility survey last updated 2/12/2026

## Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
225 ft.	225 ft.	225 ft.	25 ft.	6 ft.

## Left Field Foul Territory

Home Plate	Third Base	Foul Pole
35 ft.	35 ft.	35 ft.

## Right Field Foul Territory

Home Plate	First Base	Foul Pole
35 ft.	35 ft.	35 ft.

## General Details

<b>Parking Capacity</b>	51-100
<b>Bleacher Capacity</b>	1-100
<b>Ownership</b>	Municipality
<b>Maintenance Responsibility</b>	Municipality

## Emergency Equipment

<b>Safety Features</b>	Outfield warning track, Dugout fencing, Bullpen, Disengageable bases, Double first base
<b>Emergency Equipment Available</b>	First aid kit, Lightning detection/warning system

## Field and Playing Area

<b>Field is Fenced</b>	Permanent
<b>Fence Material</b>	Chain-link
<b>Basepath Material</b>	Artificial Turf
<b>Baseline Marking Material</b>	Artificial Turf
<b>Infield Surface</b>	Artificial Turf
<b>Playing Features</b>	Portable pitching mound, Foul poles, 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>	No
<b>Scheduling Limitations</b>	School or municipal policies that impact scheduling

## Bleachers

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

# FIELD #3 [MAJOR/MINOR]

15c La Madera  
Sandia Park, NM 87047-0876

Facility survey last updated 2/12/2026

## Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
200 ft.	200 ft.	200 ft.	25 ft.	6 ft.

## Left Field Foul Territory

Home Plate	Third Base	Foul Pole
25 ft.	25 ft.	25 ft.

## Right Field Foul Territory

Home Plate	First Base	Foul Pole
25 ft.	25 ft.	25 ft.

## General Details

<b>Parking Capacity</b>	51-100
<b>Bleacher Capacity</b>	1-100
<b>Ownership</b>	Municipality
<b>Maintenance Responsibility</b>	Municipality

## Emergency Equipment

<b>Safety Features</b>	Outfield warning track, Dugout fencing, Bullpen, Disengageable bases
<b>Emergency Equipment Available</b>	First aid kit, Lightning detection/warning system

## Field and Playing Area

<b>Field is Fenced</b>	Permanent
<b>Fence Material</b>	Chain-link
<b>Basepath Material</b>	In-Field Mix
<b>Baseline Marking Material</b>	Non-Caustic Chalk
<b>Infield Surface</b>	In-Field Mix
<b>Playing Features</b>	Permanent pitching mound, Foul poles, 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>	No
<b>Scheduling Limitations</b>	School or municipal policies that impact scheduling

## Bleachers

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

# FIELD #4 [MINOR/ROOKIES]

15c La Madera  
Sandia Park, NM 87047-0876

Facility survey last updated 2/12/2026

## Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
200 ft.	200 ft.	200 ft.	25 ft.	6 ft.

## Left Field Foul Territory

Home Plate	Third Base	Foul Pole
25 ft.	25 ft.	25 ft.

## Right Field Foul Territory

Home Plate	First Base	Foul Pole
25 ft.	25 ft.	25 ft.

## General Details

<b>Parking Capacity</b>	51-100
<b>Bleacher Capacity</b>	1-100
<b>Ownership</b>	Municipality
<b>Maintenance Responsibility</b>	Municipality

## Emergency Equipment

<b>Safety Features</b>	Outfield warning track, Dugout fencing, Bullpen, Disengageable bases
<b>Emergency Equipment Available</b>	First aid kit, Lightning detection/warning system

## Field and Playing Area

<b>Field is Fenced</b>	Permanent
<b>Fence Material</b>	Chain-link
<b>Basepath Material</b>	In-Field Mix
<b>Baseline Marking Material</b>	Non-Caustic Chalk
<b>Infield Surface</b>	In-Field Mix
<b>Playing Features</b>	Permanent pitching mound, Foul poles, 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>	School or municipal policies that impact scheduling

## Bleachers

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

# FIELD #5 (SOFTBALL/TEE BALL)

15c La Madera  
Sandia Park, NM 87047-0876

Facility survey last updated 2/12/2026

## Field Dimensions

Left Field	Center Field	Right Field	Backstop	Outfield Fence Height
200 ft.	200 ft.	200 ft.	25 ft.	6 ft.

## Left Field Foul Territory

Home Plate	Third Base	Foul Pole
25 ft.	25 ft.	25 ft.

## Right Field Foul Territory

Home Plate	First Base	Foul Pole
25 ft.	25 ft.	25 ft.

## General Details

<b>Parking Capacity</b>	51-100
<b>Bleacher Capacity</b>	1-100
<b>Ownership</b>	Municipality
<b>Maintenance Responsibility</b>	Municipality

## Emergency Equipment

<b>Safety Features</b>	Outfield warning track, Pitcher's eye, Dugout fencing, Disengageable bases, Double first base, Protected on deck area
<b>Emergency Equipment Available</b>	First aid kit, Lightning detection/warning system

## Field and Playing Area

<b>Field is Fenced</b>	Permanent
<b>Fence Material</b>	Chain-link
<b>Basepath Material</b>	In-Field Mix
<b>Baseline Marking Material</b>	Non-Caustic Chalk
<b>Infield Surface</b>	In-Field Mix
<b>Playing Features</b>	Foul poles, 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>	No
<b>Scheduling Limitations</b>	Limited time allowed for practices, School or municipal policies that impact scheduling

## Bleachers

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