

Falmouth Little League

Code of Conduct for Players

The following information will be reviewed with all players by the Manager or Coaches of their respective teams prior to the start of the Little League season. The Manager or Coach will address any player who intentionally disregards this code of conduct during the playing season.

- Players will engage in good sportsmanship and fair play at all times.
- Players will show respect for other players, coaches and umpires.
- Players will maintain a positive attitude at all times. This includes trying hard, helping and encouraging teammates, complimenting opposing players if they make a good play and being a gracious winner or good loser.
- Players will not physically or verbally abuse another player, coach or umpire.
- Profanity, swearing, taunting, ridiculing and yelling at others is prohibited.
- Players will not argue or disagree with the decision of an umpire or coach.
- No player will intentionally throw his/her bat, helmet, glove, or other equipment during a practice or a game.

Falmouth Little League Discipline Guidelines

Children participating in Falmouth Little League are expected to conduct themselves in a manner reflective of good sportsmanship. Players engaging in behaviors that are disrespectful, disruptive, or interfere with the safety of others may be disciplined according to the following guidelines.

First Incident

- The Manager conducts a conference with the player and parent that include identification of the problem behavior and discussion of acceptable behavior. This should take place off the field & away from other players & parents.
- The Manager will send the League Head & Player Agent an email with a description of the incident, the date, the parties involved, and the action taken.

Second Incident

- The Manager conducts an immediate conference with the player and may decide to remove the player from the game. Although this is addressed immediately, this should take place as discreetly as possible & as far away from other players & parents as possible. The decision to remove the player from the game is at the discretion of the Manager. The Manager may ask the parents to remove the player from the ballpark.
- The Manager contacts the parents to schedule a time to discuss the reoccurring inappropriate behavior and to explore strategies for assisting the child in changing the behavior. The League Head & Player Agent should also be part of this discussion.
- The Manager will send the League Head & Player Agent an email with a description of the incident, the date, the parties involved, and the action taken.

Third Incident

- The Manager immediately removes the player from the game and parents are directed to remove the player from the ballpark.

- The Manager will send the League Head & Player Agent an email with a description of the incident, the date, the parties involved, and the action taken.
- The Manager refers the situation to the Player Agent. The Player Agent will review and recommend disciplinary action that may include benching the player for a game or series of games, or removal of the player from the league roster for the remainder of the season.

Severity Clause

- The Manager may refer a player to Player Agent any time a player engages in severe behavior that is disruptive and upsetting to the team. This can happen after a first incident if deemed severe enough by the Manager.
- The Player Agent will review and recommend disciplinary action that may include benching the player for a game or series of games. It may also include removing the player from the league roster for the remainder of the season.
- Note: At the official start of a game, the Umpire presides over the game and he/she may remove a player from the game independent of our policy.

Concession Stands and Food Safety

- **Maintaining a clean and safe concession stand should be the top priority.** Consult with the local health department for specific guidelines on food safety.
- Use a consistent food source. Complete control over the food, from source to service, is the key to sanitary food service.
- **Keep food at consistent temps. Most food borne illnesses can be traced to lapses in temperature control.**
- Rapidly reheat foods to 160°F. Slow-cooking mechanisms may activate bacteria and never reach killing temperature.
- Keep food cold. Allowing hazardous foods to remain unrefrigerated for too long has been the number one cause of food borne illness.
- Frequent and thorough hand washing and use of hand sanitizer remains the biggest defense in preventing food borne disease.
- Use a food thermometer to check on cooking and holding temperatures of potentially hazardous foods. All potentially hazardous foods should be kept at 41° F or below (if cold) or 140° F or above (if hot). Ground beef and ground pork products should be cooked to an internal temperature of 155° F, poultry parts should be cooked to 165° F.

Reheating:

- Rapidly reheat potentially hazardous foods to 165° F. Do not attempt to heat foods in crock pots, steam tables, over sterno units or other holding devices. Slow-cooking mechanisms may activate bacteria and never reach killing temperatures.

Cooling and Cold Storage:

- Foods that require refrigeration must be cooled to 41° F as quickly as possible and held at that temperature until ready to serve. To cool foods down quickly, use an ice water bath (60% ice to 40% water), stirring the product frequently, or place the food in shallow pans no more than 4 inches in depth and refrigerate. Pans should not be stored one atop the other and lids should be off or ajar until the food is completely cooled. Check temperature periodically to see if the food is cooling properly. **Allowing hazardous foods to remain unrefrigerated for too long has been the number ONE cause of food borne illness.**

Hand Washing:

- Frequent and thorough hand washing with soap remains the first line of defense in preventing food borne disease. The use of disposable gloves can provide an additional barrier to contamination, but they are no substitute for frequent hand washing with soap.

Health and Hygiene:

- Only healthy workers should prepare and serve food. Any volunteer who shows signs of illness (cramps, nausea, fever, vomiting, diarrhea, jaundice, etc.) or who has open sores or infected cuts on the hands should not be allowed in the food concession area. Workers should wear clean outer garments and should not smoke in the concession area. The use of hair restraints is recommended to prevent hair ending up in food products.

Food Handling:

- Avoid hand contact with raw, ready-to-eat foods and food contact surfaces. Use an acceptable dispensing utensil to serve food. Touching food with bare hands can

transfer germs to food.

Dishwashing:

Use disposable utensils for food service. Keep your hands away from food contact surfaces, and never reuse disposable dish ware.

Wash in a four-step process:

1. Washing in hot soapy water
2. Rinsing in clean water
3. Chemical or heat sanitizing;
4. Air drying

Ice:

- Ice used to cool cans/bottles should not be used in cup beverages and should be stored separately. Use a scoop to dispense ice; never use the hands. Ice can become contaminated with bacteria and viruses and cause food borne illness.

Wiping Cloths:

- Rinse and store your wiping cloths in a bucket of sanitizer (example: 1 gallon of water and 1/2 teaspoon of chlorine bleach). Change the solution every two hours. Well sanitized work surfaces prevent cross-contamination and discourage flies.

Insect Control:

- Keep foods covered to protect them from insects. Store pesticides away from foods. Place garbage and paper wastes in a refuse container with a tight-fitting lid. Dispose of wastewater in an approved method (do not dump it outside). All water used should be potable water from an approved source.

Food Storage and Cleanliness:

- Keep foods stored off the floor at least six inches. After your event is finished, clean the concession area and discard unusable food

Minimum Worker Age:

- Leagues should set a minimum age for workers or to be in the stand; in many states this is 16 or 18, due to potential hazards with various equipment

FALMOUTH LITTLE LEAGUE

BASEBALL SOFTBALL



T-BALL

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Falmouth Little League Covid-19 Safety Plan

Community youth sports activities require thoughtful, reasonable precautions during the COVID-19 pandemic.

After reviewing the COVID-19 Prevention Checklist for Community Sports provided by the State of Maine, after considering our experience running our 2021 Little League Season and after reflecting upon all of our children's experience with face mask policy adopted and subsequently ended by Falmouth schools in the 2021-2022 school year, the Board of Directors for Falmouth Little League has resolved to play baseball, softball and tee ball games at all age levels for the 2022 season with games beginning Monday, April 25th, and ending Saturday, June 11th.

The goal of this plan is to create as safe an environment as possible for players, coaches, families, volunteers and umpires while they are participating in or experiencing a Falmouth Little League event. The following rules and recommendations are made using resources from Little League International, the US Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). These plans will be reviewed regularly to ensure that at all times, Falmouth Little League will follow Maine and local guidelines and regulations regarding group gatherings and youth sports activities.

We acknowledge our right and responsibility to exercise our judgment and cancel play at any time if players and/or coaches show symptoms or test positive for COVID-19, if our safety guidelines are not being met, and if the rate of infections in Cumberland County rises dramatically and unexpectedly.

General Guidelines

- Families will be asked to complete a health screening of all players before leaving home for practices or games.
- Any participant with a temperature above 100° Fahrenheit should stay home and team coaches should be notified.
- Any participant, fan or volunteer with symptoms of COVID-19 will be asked to stay home with symptoms including but not limited to: fever, cough, shortness of breath, loss of smell/taste.
- Any player who has been required by school officials to quarantine at home for any period of time because of exposure to someone who has contracted COVID-19, of course, must not participate in any FLL activities during that time.
- Individuals at risk of severe illness or with underlying medical and respiratory diseases should attend FLL activities only with specific permission from a medical professional.
- Any participant or fan who has been at an FLL event and then becomes sick within two weeks should immediately notify the league.
- No spitting, eating sunflower seeds or chewing gum will be allowed.
- Personal water bottles must be clearly labeled to avoid accidental sharing.
- Falmouth Little League will provide bats, batting helmets, and catcher's gear for teammates to share, but whenever possible, players are encouraged to use their own equipment exclusively.

Use of Facilities

There will be no limit for outdoor gatherings during the 2022 season. Nevertheless, Falmouth Little League will adopt the following measures to prevent unnecessary crowding and risk of contamination at the four ball fields in the Little Legion Fields complex.

- No Opening Day Ceremony.
- The public restrooms in the snack shack building will be locked for the duration of the FLL season because Falmouth Little League cannot possibly trust volunteers to keep them clean and sanitary. Four port-a-potties will be rented instead. We trust players and family members to take normal, sensible precautions when using those temporary facilities at their own risk.

Falmouth Little League Board of Directors

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