

**TALLAHASSEE PARKS, RECREATION AND NEIGHBORHOOD
AFFAIRS DEPARTMENT**

**YOUTH BASEBALL PROGRAM
2015**

ASHLEY EDWARDS
Director

Cindy Mead
Athletic Superintendent

PARK SUPERVISORS

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Buck Lake	All age groups	Janice Johnson	329-7767
Conley	All age groups	Madlyn Towels	544-7101
Deerlake	All age groups	Natchez Dickey	694-6664
Jack McLean	All age groups	Leonard Richardson	407-924-5659
Lee Park	All age groups	Markeith Buggs	702-4812
Levy Park	All age groups	Larry Levy	561-951-9163
Meridian Park	T-ball	Monique Ewell	339-5357
Meridian Park	Atom	Michael Vieco	321-696-4305
Meridian Park	Cub	Matt Douberly	904-993-7968
Roberts	All age groups	Matt Isabelle	545-1622
Winthrop Park	T-Ball	Devin Bruner	445-5479
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TALLAHASSEE PARKS, RECREATION & NEIGHBORHOOD AFFAIRS BASEBALL PHILOSOPHY

The goal of the Tallahassee Parks, Recreation & Neighborhood Affairs is to provide an enjoyable, exciting and satisfying recreation baseball program for children. In addition to teaching the physical skills and techniques of the game, we ask that you work with the social and emotional development of the children by emphasizing self-discipline. Our rules are written to encourage participation and enjoyment by all, rather than a strictly competitive, win-at-all cost program. We hope that you will measure "success" not simply in terms of team victories, but also in the real enjoyment of playing an exciting sport, skills learned and having a great time!

ROLE OF THE VOLUNTEER COACH

The Tallahassee Parks, Recreation & Neighborhood Affairs wants to thank you for accepting the responsibility of coaching one of our youth baseball teams. No program can be a success without good leadership. Please make sure that **all** of your assistant coaches complete the Volunteer Coach form before providing **any** assistance; return these forms to your Supervisor immediately.

The sport will take many hours and you will serve without pay, but your job is important. You will be building the moral fiber, mental health and physical strength of young players who will be the citizens of tomorrow.

These players are at a most impressionable age and the training you give them, good or bad, will have a lasting effect on their young lives.

For some, playing on your team may be their only contact with organized sports. We know you will want them to remember it as a pleasurable and meaningful experience.

A successful experience for youth of this age in a developmental sports program is to have an opportunity to participate and enjoy (have fun) doing the activity. If each participant perceives the activity in this fashion they will be at the height of their "teachable" moments. This is when they are prepared and interested in learning about the activity and will strive to enhance their abilities and skills.

Please remember, "You can't make a youngster have fun." You must use your expertise to provide the atmosphere for enjoyment and the rest will follow.

Without your help, this program would not be possible. On behalf of the athletes, parents, and the Tallahassee Parks, Recreation & Neighborhood Affairs, THANKS!!!!

YOUTH BASEBALL COACH CONDUCT REQUIREMENTS

As a Youth Baseball Coach, we require that at all times you will conduct yourself as a mature adult and will follow these guidelines of good coaching:

1. All coaches must have a pre-season meeting with parents to discuss philosophy of the program, expectations, parental conduct, rules and regulations, practice days and other necessary team information.
2. No smoking on the field.
3. Reserve constructive criticism for a private moment.
4. Conduct all coaching from designated bench area.
5. Refrain from "running-up" a score against a weak opponent.
6. Refrain from using profanity.
7. Abide by the doctor's decision in all matters of a player's health and injuries and physical ability to play.
8. Never hit, strike or molest any player in any manner in a game or practice situation (Penalty will be removal from the program).
9. Never attempt to make a farce of the game by telling or teaching players unsportsmanlike strategies.
10. Strive always to make every youth activity serve as a training ground for life.
11. Never leave players unattended during or after practices or games. NOTE: If players are not picked up within 15 minutes of activity's conclusion, coaches must contact parents to reemphasize importance of doing so. If the problem persists (beyond a second occurrence) coaches must notify the Parks and Recreation Department and players may be restricted from further participation.
12. Abide by the Rules and Regulations and all decisions of the Tallahassee Parks, Recreation & Neighborhood Affairs. Contact your league supervisor or the Athletic Supervisor with your concerns or comments. See phone numbers in front of manual.

All head coaches and one (1) assistant coach must complete the National Background Screening/Consent form.

- a. Any additional volunteers who wish to be involved with team activities must complete the Volunteer Coaches form prior to providing any assistance.
- b. Submit completed forms to your park supervisor.
- c. At least one head or assistant coach who has completed the National Background Screening/Consent form must be present at all team activities.
- d. Volunteers are NOT PERMITTED to assist with practices/games until a volunteer form has been submitted to the park supervisor or athletic supervisor.

COED T-BALL, ATOM AND CUB LEAGUE BASEBALL GENERAL RULES AND INFORMATION

1. League

The league shall consist of at least four (4) teams.

2. Cost

\$32.25 (a late fee of \$10.00 will be charged after February 7th).

3. Number of Players

Each team will consist of no more than 11 players for Coed T-ball/Atom leagues and no more than 12 players for the Cub League. If a park has reached its maximum number of teams, additional players will have to be assigned to another park if numbers permit.

4. Eligible Players

- A. Coed T-ball is for players four (4) through six (6) years old with April 30, 2015 being the age determining date.
- B. Atom League is for players six (6) through eight (8) year old with April 30, 2015 being the age determining date.
- C. Cub League is for players eight (8) through ten (10) year old with April 30, 2015 being the age determining date.
- D. A player may only register and/or play in one City of Tallahassee endorsed baseball program during the season.
- E. Players who are league age 6 or 8 can choose which league best fits their skill level.

5. League Boundaries

Players will be permitted to go to the field nearest or most convenient to their home. Parks may be combined to form a full league. Games may be played at a field/park other than your home park.

6. Game

- A. Game time will be 6:00 p.m. or 6:15 p.m. If needed, players from the opposing team can play for a team that is short of players. Only players from that game's opposing team may be utilized when a team is short of players.
- B. The length of the game will be six (6) innings. However, no new inning shall start after one hour of play in T-ball and Atom league, and one hour and 15 minutes in Cub league. The umpire's watch or one he designates governs play.
- C. In the event a game is called, either two (2) innings or the regulation playing time shall constitute a game.
- D. In case of rained out games, the park supervisor will be notified and will attempt to reschedule the game.

7. The Playing Field

- A. Distances between bases ranges between 55-60 feet at different locations, all pitching distances will be 40 feet.
- B. There will be coaching boxes at first and third base for use by the offensive coach and assistant. Defensive coaching should occur from near the player bench, in foul territory next to the fence, except in T-Ball where **one** defensive coach may stand in the outfield and other volunteer coaches are allowed to stand in foul territory. All other assistants, parents, family members and friends should be behind the fence or in the stands.

8. Equipment and Uniforms

- A. Sneakers or one-piece sole composition soccer-style shoes. No screw on or metal cleats allowed.

- B. Team shirts and baseball hats will be supplied by the Tallahassee Parks, Recreation & Neighborhood Affairs and must be visibly worn in the game. Other uniform equipment is optional but coaches should not ask players or parents to purchase additional uniforms. No decals, letters or numbers may be added to the hats. Shirts may have the first or last name of the player on the back. The shirts may not be altered in any way, including cutting off the shirtsleeves. Teams must wear the hats and uniforms provided by the department.
- C. Batting helmets with chinstraps must be worn by on deck batters, batters and base runners.
- D. All other equipment is optional and must be approved by the athletic supervisor.
- E. Barrel-bat rule: If the bat used is not issued by TPRNA, the bat must be approved prior to each game by the umpire or park supervisor. **"The bat can not be more than 33 inches in length, nor have a bat barrel in excess of 2 1/4 inches." (Big Barrel bats are not allowed).**
- F. **Baseballs:** T-ball and Atom league will use RIF level 5 baseballs. Cub league will use regular baseballs.

9. Umpires

- A. For each T-ball, Atom, and Cub League game, the Tallahassee Parks, Recreation & Neighborhood Affairs will provide a paid umpire with a blue umpire T-shirt, a ball and strike indicator and other necessary protective equipment. The umpire should be in proper attire.
- B. The umpire will instruct each on deck batter, batter and runner to wear his protective helmet.
- C. The umpire's decision on matters not covered by league or baseball rules shall be final, providing the league supervisor is not on hand to make a decision. No coach may unduly delay a game. Keep in mind the impression that is being made on the players at all times. Accept the judgment of the umpire and play ball. A coach may discuss a play after the ball game.
- D. General responsibilities of umpires
 - **T-ball:** Ensure the rules are being followed, games are started on time and time limits are being enforced. They will be asked to place the ball on the tee.
 - **Atom:** Ensure the rules are being followed, games are started on time and time limits are being enforced. Keep track of the number of pitches that they don't exceed 6 pitches per batter.
 - **Cub:** Ensure the rules are being followed, games are started on time and time limits are being enforced.

10. Inter-League Play

There shall be no games played among teams of different parks unless they are combined to allow for enough teams to form a league. This includes any kind of play-off.

11. Standings and Averages

There will be no standings, averages or official score kept.

12. Who Plays

All players must play in every game. See specific league rules for details. Each coach will be held responsible for enforcement of this policy. This is not the duty of the umpire.

13. Tobacco

Tobacco is not allowed under any circumstances by coaches or umpires anywhere near the baseball fields.

14. Rained-out Games

The Tallahassee Parks, Recreation & Neighborhood Affairs does not cancel games. The umpires/supervisors will do this at the field at game time. If there is standing water on the field, the game will be cancelled. Site and park supervisors (or coaches and umpires in their absence) are the only ones that will make this decision.

The Tallahassee Parks, Recreation & Neighborhood Affairs will allow athletic fields to be used only when field conditions are deemed safe and when use will not create unacceptable damage to the fields and/or possible harm to the participants. Fields will be closed when one or more of the following occurs:

- Standing water is present on any portion of the grass or clay-playing surface.
- All grass including artificial or clay-playing surface is saturated and water is displaced when walking (squish method).
- Any other condition that is deemed unsafe or would create unacceptable damage to athletic fields or the safety of the users. This includes following the lightening policy.

15. Lightning Strike Alert

Part-time staff will receive an email, text or phone call from the league supervisor during game nights on the following alerts:

Lightning Advisories - when the meteorologists expect cloud to ground lightning within a 15 mile radius in the next 20 minutes. Advisories will include a Start Time and Expiration Time, and will be delivered by email and text messaging. **You do not have to do anything when you receive an Advisory.**

Lightning Warnings - when the meteorologists detect that cloud to ground lightning is occurring within an 8 mile radius. Warnings will include a Start Time and Expiration Time, and will be delivered by email and text messaging. **All supervised activities must be suspended immediately until the warning expires or is cancelled.**

It is imperative that you understand that once this alert is activated at your site, it is **mandatory** that all activities be suspended once a warning is received, and that play cannot resume until the warning expires or is cancelled. There is no option of allowing participants to finish an inning. After 30 minutes of delay, games will be called.

During practices, coach will follow the *30/30 rule* for lightening safety. The criteria for suspension of activities is that by the time the flash-to-bang count approaches 30 seconds, all individuals should already be inside a safe shelter. If activity has been suspended due to lightening, the Facility Supervisor should wait at least 30 minutes after the last lightening flash or sound of thunder prior to resuming activity. Each time additional lightening is observed or thunder is heard, the minimum 30-minute period should be reset.

16. Warm-Ups

Do not hit balls into any fencing when warming up, as it will tear up the balls and the fence.

17. Sling bat rule

If any batter slings their bat, they will automatically be called out and no base runners may advance.

18. Infield practice

Teams may take organized infield practice 10 minutes prior to game time. The visiting team will take infield 10 minutes prior followed by the home team five minutes before the start of the game. The home team will need to be prepared to start the game on time.

Infield practices for second and subsequent round of games will be based on time available. Both teams will have equal time of practice with the visiting team taking infield first followed by the home team. All games must start on time and can't be delayed by infield practice.

NOTES:

- 1) Current Cal Ripken Baseball Organization Rules and Major League Official Baseball Rules published by the National Baseball Congress of America will be used in cases not covered in

- Coed T-ball, Atom and Cub League Rules and regulations. Consult the league supervisor on matters needing attention.
- 2) The Tallahassee Parks, Recreation & Neighborhood Affairs cannot endorse or take responsibility for team activities beyond what is established as standard procedures in conducting this activity. Activities such as photography sessions, team picnics, etc. are activities that parents must understand are their personal choice and ultimate responsibility if they choose to participate in them. Coaches are advised to refrain from actually organizing "outside" activities. If parents want to undertake these activities, it must be understood that mandatory donations for these events from team members is prohibited. All donations are "optional" and cannot affect a participant's right to any benefits afforded any other player.
 - 3) Any activities or functions taking place on sites other than those sites supervised by the City of Tallahassee will be the responsibility of the individual conducting those activities.

T-BALL AND ATOM LEAGUE PLAYING RULES AND REGULATIONS

- 1) All players must play in the field every inning.
T-ball: There will be five (5) infielders. They are Pitcher, First Baseman, Second Baseman, Third Baseman, and Shortstop. There will be no catcher. All remaining players on the roster will play in the outfield. Outfielders should be no closer than the edge of the outfield grass and must be positioned in an arc of equal depth and spacing spanning from left field to right field. Players in the pitching position should be instructed to cover home plate when necessary.

Atom: There will be five (5) infielders. They are Pitcher, First Baseman, Second Baseman, Third Baseman, and Shortstop. ****Each team will provide a catcher this season and will be issued catcher's equipment.*** All remaining players on the roster will play in the outfield. Outfielders should be no closer than the edge of the outfield grass and must be positioned in an arc of equal depth and spacing spanning from left field to right field. Players in the pitching position should be instructed to cover home plate when necessary.
- 2) Players must play in the infield at least one (1) inning every game. Each player **must** be given the opportunity to try different infield positions throughout the season.
- 3) One-half inning is completed when there are three outs or ten (10) players have batted, whichever comes first. The batting team's coach must announce when the last batter comes to the plate. Time will be called as it would with any other batter. The teams will switch sides once time is called.
- 4) The runner cannot leave the base too soon or he must go back. If the runner is off base and the batter gets a hit, the runner cannot advance more than one (1) base in front of the batter. There is no leading off or stealing.
- 5) Pitcher
 - T-ball: The player playing the pitcher position must stand on pitching rubber.
 - Atom: The player playing the pitcher position must stand within 3 feet to the left, right or back of the pitching rubber.
- 6) **Batting Rules for T-Ball League**
 - A. The batter must stay out of the batter's box until the umpire has placed the ball on the tee. He may not swing at the ball until the umpire calls, "Play Ball".
 - B. The umpire will adjust the Tee if necessary to suit the height of the batter.

- C. Batters are not permitted to swing easy or bunt the ball. The penalty is that the batter is called back and charged with a strike. The batter is called out if there is a bunt or easy swing attempt on the third strike.
- D. A strike shall be called when the batter hits the “Tee” instead of the ball. It is also a strike if the ball does not go beyond the 15-foot arc line.
- E. A foul ball on the third strike shall be considered a foul ball as in regular baseball and the batter will swing again, this includes if the batted ball doesn’t go past the 15-foot arc line.
- F. Coed T-Ball players will bat off the tee for the entire season.

➤ **Three (3) strikes and the batter is out no matter how cute they are.**

7) Atom League Batting and Coach Pitching Rules

- G. The batting team’s coach or assigned person shall be the pitcher. No players may pitch.
***Coaches will pitch the entire season.**
- H. The batter will receive a maximum of 6 pitches. Strikes will be called on foul balls and missed swings. A batter will strike out if he gets 3 strikes, even if he has not received 6 pitches. If a batter does not put the ball in play during his six pitches, he will be called out regardless of the number of strikes he has. A foul ball on the third strike or 6th pitch shall be considered a foul ball as in regular baseball and the batter will swing again. This is the only time he would get more than 6 pitches.
- I. The pitcher coach must avoid the ball after a pitch has been hit so as not to interfere with the play.
- J. If a pitcher/ coach is hit or touched with the ball, the play is dead and any base runner will advance only one (1) base. The batter will advance to first base without liability of being put out.

8) The infield fly rule does not apply.

9) A fielder will not be allowed to “roll the ball” to the nearest base to get a base runner out. There must be a throwing attempt to get the runner out.

10) Time Out Will Be Called By The Home Plate Umpire As Follows:

- A. Ball Hit To The Outfield: Time will be called when the thrown ball crosses from the outfield to the infield regardless of possession of the ball by an infielder. **EXAMPLE:** The ball is hit to left field. The player fields the ball and throws it towards second base. As soon as the ball crosses from outfield to infield, either in the air or on the ground, time will be called. **A base runner that has advanced more than halfway to the next base when time is called will be allowed to proceed to that base. If they were less than halfway to the next base when time is called, they must go back to the last base.**
- B. Ball Hit To The Infield: Time will be called after one attempted play is made, whether the play results in an out or not. Base-runners may only advance one base at their own risk regardless if the fielder holds the ball or attempts a put out, this includes the batter.
EXAMPLE: Ball hit to the Short Stop who fields the ball and throws to first base. As soon as the first baseman either misses or catches the ball, time will be called, even if the ball is overthrown into the outfield, or out of play. The batter/base runner will remain at first base if he was safe. There are no extra bases on an overthrow to any base.

CUB LEAGUE PLAYING RULES AND REGULATIONS

- 1) One-half (1/2) inning is completed when there are three (3) outs or ten (10) players have batted. The last batter (10th) of each inning cannot be walked. He must either strike out or hit the ball. If a pitched ball hits the 10th batter, he will have a courtesy runner and the 11th batter will be permitted to bat. This is the only occasion where eleven (11) batters would be allowed. The batting team's coach must announce when the last batter comes to the plate. Time will be called as it would with any other batter. The teams will switch sides once time is called.
- 2) There shall be no base stealing. The runner cannot leave the base until the batter puts the ball into play. If a runner is off base and the batter gets a hit, the runner cannot advance more than one (1) base in front of the batter.
- 3) The batter is out if the catcher drops the third strike.
- 4) The runner may advance one base at his own risk on an over-throw to first or third base. He may attempt as many bases as he wishes on an overthrow that is within fair territory.
- 5) The batting order is to be established before the game begins and includes all players present. The batting order may not be changed once the game starts. The batting order must include all players' names that are present for the game that day as all players bat in each game. In effect, this means that if ten (10) players bat in one inning, the eleventh (11th) player in the batting order will lead off the next inning. The batting order does not change regardless of defensive positioning.
- 6) Player Participation Rule- Players cannot sit the bench defensively for 2 consecutive innings. Players must be given the opportunity to play different positions in each game **and must be given an opportunity to play both the infield and outfield each game**. Coaches should plan their line-ups before each game and make adjustments as necessary at game time. This will save time between innings and ensure each player the chance to play different positions.
- 7) The infield fly rule does not apply.
- 8) Bunting in the Cub league is permitted, **however slap-bunting isn't allowed (if a player shows bunt, he/she must bunt)**.
- 9) Time Out: A play shall be declared terminated when, in the judgment of the umpire, play on the lead runner has stopped. The umpire shall call time. Players should not be taught to hold the ball up and call time; they should get the ball to the base in front of the lead runner.
- 10) There will be four (4) outfielders playing on defense at the same time. They must line up from left field to right field in an arc.

Player Pitchers

- 1) A pitcher may pitch NO more than six (6) innings per week. (Mon. thru Sat.)
- 2) One pitch to a batter equals one full inning (per Cal Ripken rules)
- 3) A pitcher must have 1 day of rest between pitching appearances even if he only throws 1 pitch.
- 4) No balks shall be called.
- 5) A pitcher CANNOT be returned to the mound after being removed as a pitcher even if he is placed in another position and remains in the game.
- 6) The pitcher must have one (1) foot in contact with the pitching rubber until the ball leaves his hand.

- 7) The regular number of balls (4) and strikes (3) will be called.
- 8) A batter who is hit by a pitch must have a courtesy runner. If a pitcher hits two (2) batters in the same inning, they **must** be removed from the pitcher's position. If they walk 5 batters in the same inning, they **should** be removed. Intentional walks are prohibited.
- 9) Catcher equipment "speed up rule"- The last player who made an out will replace any catcher who is on base with 2 outs. This will allow the catcher to return to the dugout and get his equipment on so play will continue in a timely fashion in the next half inning. NOTE: Coaches should see that catchers have their equipment on in all other situations so play will not be delayed.

EMERGENCY PROCEDURES

We want to emphasize the importance of conducting yourselves properly in dealing with medical emergencies at your facilities. Realizing we are not empowered or trained to "treat" victims, we still have the responsibility to render front line aid and supervise the situation. This may involve discussing the situation with the victim, coach, or parent, or to call in the Ambulance Service. Listed below are some guidelines to follow, which should always be coupled with good common sense.

In the event of an accident or emergency:

1. Try to determine the extent of the injury. If in doubt as to the seriousness of the accident, do not move the patient. Keep him comfortable and reassured and call an ambulance. If the situation calls for it, apply ice or keep the patient warm and comfortable.
2. Front line care of an accident would include use of ice, stoppage of bleeding, restoring breathing, and treatment for shock, heat exhaustion or stroke.
3. Be sure victim is as comfortable as possible. If it's cold, cover them. If it's hot, loosen equipment, etc. USE GOOD COMMON SENSE!
4. Call for additional support. Use other adults to secure necessary materials and never leave the patient alone with other players.
5. If an ambulance is called, be sure you have someone to direct it to the site. Assist paramedics in any way you can.
6. Always prepare an accident report that will be turned in to the supervisor who will then get the information to the Parks and Recreation Dept.
7. Be sure you have access to a phone within a short period of time.
8. Submit a follow up report of the injured person. Call to find out the extent of the injury and how he is doing.

Supervisors and coaches take charge during these incidents and must coordinate aid rendered. It is important that all aspects of an accident are handled properly and expeditiously.

Expectations of Spectators

The Tallahassee Parks, Recreation and Neighborhood Affairs Department has developed the following expectations of spectators at all sporting events:

Cheering in a positive fashion, for both sides, is highly encouraged. Cheer for a good effort as much as good performance. Always behave in a responsible manner and exercise self-discipline. Make only positive comments about children – yours or somebody else's. Always show respect for all involved in the game including coaches, players, opponents, opposing fans and officials. Ours programs are recreational leagues with fun as the primary emphasis. All coaches and perhaps some of the officials are volunteers and we should all appreciate their efforts and support them, setting a good example for the children.

Any spectator who does not behave appropriately (as described above) will be asked to leave, according to the following steps:

1. The site supervisor, officials/umpires, Park President or Board Member and/or another Tallahassee Parks, Recreation and Neighborhood Affairs Department staff member, that will be further identified as the site official, will identify violators to the coaches or vice versa.
2. The site official will confer with both coaches, one of whom will then approach the spectator and give a warning, or ask him/her to leave. If the spectator is not recognized by either coach, the home coach and/or the site official will speak to him/her.
3. If the decision is made for the spectator to leave, play will not resume until he/she has left the facility. If he/she refuses to leave, his/her team will forfeit and the game will be over.

Please help us foster good sportsmanship and encourage positive experiences for our youth. We thank you in advance for your understanding and support.

Inclusion Programming

Individuals with disabilities are no different than those without disabilities.

1. Enthusiasm, understanding and knowledge are **key factors** to successful inclusion.
2. Work hard to involve the participant in all aspects of the program.
3. Focus on their **abilities** rather than their **disability**.
4. Create opportunities that promote cooperation between individuals to achieve common goals.
5. **Respect the individual's right to privacy and confidentiality.** Ask permission before sharing information about their disability with others.
6. Recognize the importance of the individual with whom you are working.
 - a. Accept their worth
 - b. Create a supportive atmosphere
 - c. Establish friendship
 - d. Listen with your fullest attention
 - e. Develop self-confidence in the individual
 - f. Verbally compliment the participant for his/her efforts
 - g. Encourage problem-solving
 - h. Demonstrate patience and tolerance
 - i. Bring understanding to every situation
 - j. Ask the participant if they would like assistance and how you can best assist them
7. Be sensitive to the needs and limitations of his/her particular disability, while still capitalizing on his/her abilities.
8. Encourage building bridges with other participants.
9. Encourage involvement. Choose activities which involve the five senses (smell, taste, touch, hearing, vision)