



RETURN TO PLAY

BEST PRACTICES

- STAGE 1 -





These considerations are meant to supplement – not replace – any state, local, territorial, or tribal health and safety laws, rules, and regulations with which youth sports organizations must comply.

BEST PRACTICES: **ATHLETES**

<p>PHYSICALLY ACTIVE</p>	<ul style="list-style-type: none"> • Individual varied physical activity, try lots of different activities, have fun, play
<p>SPORT SKILLS</p>	<ul style="list-style-type: none"> • Skills training as available and possible
<p>MENTAL HEALTH</p>	<ul style="list-style-type: none"> • Establish a regular schedule • Set daily goals • Talk to a trusted person about how you're feeling • Set screen time limits • Connect with others and teammates
<p>REST</p>	<ul style="list-style-type: none"> • Use time for rest • Establish a regular sleep schedule



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BEST PRACTICES: COACHES

<p>PHYSICALLY ACTIVE</p>	<ul style="list-style-type: none"> • Encourage FUN, daily physical activity • Multi-sport activities/cross-training • Share ideas and age-appropriate conditioning and strength ideas
<p>SPORT SKILLS</p>	<ul style="list-style-type: none"> • Share ideas with your players • Create challenges and ways to engage • Don't overpressure athletes • Invest some time in your own coach development
<p>MENTAL HEALTH</p>	<ul style="list-style-type: none"> • Check in regularly with your athletes • Connect with them about things other than sport and performance • Hold engaging team online meetings
<p>REST</p>	<ul style="list-style-type: none"> • Take care of yourself, enjoy your current pause. • Encourage athletes to rest



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BEST PRACTICES: PROGRAM LEADERS/ CLUB DIRECTORS

<p>PHYSICALLY ACTIVE</p>	<ul style="list-style-type: none"> • Share resources and ideas with your coaches by age-group • Encourage communication • Keep your website and social channels updated with content
<p>SPORT SKILLS</p>	<ul style="list-style-type: none"> • Share resources and ideas with your coaches by age-group • Encourage communication
<p>MENTAL HEALTH</p>	<ul style="list-style-type: none"> • Share resources and ideas with your coaches by age-group • Encourage communication, facilitate online options
<p>REST</p>	<ul style="list-style-type: none"> • Take care of yourself, enjoy your current pause.



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BEST PRACTICES: PARENTS

<p>PHYSICALLY ACTIVE</p>	<ul style="list-style-type: none"> • Encourage FUN daily physical activity of many types as best as possible. • Play with your child • Model being physically active.
<p>SPORT SKILLS</p>	<ul style="list-style-type: none"> • Support your child's desire to do skills training as available. • Play backyard lacrosse and creative games with lacrosse equipment • Don't pressure them into hours of training
<p>MENTAL HEALTH</p>	<ul style="list-style-type: none"> • Help your child establish a regular schedule and set daily goals age-appropriately • Monitor their mental state-ask questions, have conversations. • Discuss screen time and where appropriate create agreed upon boundaries and screentime limits
<p>REST</p>	<ul style="list-style-type: none"> • Encourage a regular sleep schedule • Encourage athletes to rest if they are prone to over-train • Take care of yourself, enjoy your current pause.



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AVAILABLE RESOURCES

www.uslacrosse.org/lax-at-home



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