



RETURN TO PLAY

BEST PRACTICES

- STAGE 2 -





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>SMALL GROUPS</p>	<ul style="list-style-type: none"> • Trainings in small groups max. 8-9 players (align with local and state requirements) • Outdoors • Participation voluntary
<p>KEEP DISTANCE</p>	<ul style="list-style-type: none"> • Keep a distance of 6 feet • No high fives or hand shakes • No 1 v 1 situations • Cough and sneeze etiquette • No spitting • Don't pick up the ball with your hands—use your stick (you should be doing that anyway!)
<p>MODERATION</p>	<ul style="list-style-type: none"> • Short practices, no more than 80% max effort • Skill development and fun • Be patient, you'll be back in the groove before you know it.
<p>INFECTION CONTROL</p>	<ul style="list-style-type: none"> • Strict hand hygiene (antibacterial hand sanitizer), minimum before and after training. • Bring your own water bottle, no food. • Keep your mouthguard in, put it in a case when done. • Disinfect equipment immediately after use • Participants with risk factors/illnesses should not participate • Participants with signs of illness are strictly advised not to attend and to visit a medical provider.



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BEST PRACTICES: COACHES

<p>SMALL GROUPS</p>	<ul style="list-style-type: none"> • Design activities with no lines/waiting time • Design activities for 1, 2, 3 or 4 players with adequate spacing and no 1 v 1 situations • Maximize fun and engagement time • Participation voluntary
<p>KEEP DISTANCE</p>	<ul style="list-style-type: none"> • Review distancing guidelines and hygiene etiquette with players • Don't scrimmage • Use games/activities that maintain separation • Plan for how to be heard on the field
<p>MODERATION</p>	<ul style="list-style-type: none"> • <u>Practices</u> no more than 30-60 minutes • Consider doing a pre-practice and/or post-practice virtually to limit exposure; give athletes <u>warm-ups</u> ahead of time. • Ease players in for a minimum of 2-3 weeks, <u>gradually increasing intensity.</u>
<p>INFECTION CONTROL</p>	<ul style="list-style-type: none"> • Remind/educate players and enforce <u>hygiene and distancing standards</u> • Follow the standards yourself. • Wear a mask when unable to socially distance. • Ensure sanitizer is on field • Enlist a parent to assist with compliance during practice. • Do not coach if you have signs of illness or suspect you may have been exposed • Wipe down shared equipment (balls, cones etc. afterward)



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BEST PRACTICES: PROGRAM LEADERS/ CLUB DIRECTORS

<p>SMALL GROUPS</p>	<ul style="list-style-type: none"> • Provide <u>practice plans and activities by age-group</u> to coaches • Ensure that fields are reserved for exclusive use • No more than two practices on one field at a time, 10 per half of field, including coaches*
<p>KEEP DISTANCE</p>	<ul style="list-style-type: none"> • Provide <u>Stage 2 distancing and hygiene guidelines</u> to families and coaches (see p15 of RTP for parent/player advice) • Establish and communicate pick-up and drop-off procedures or follow those of the facility you utilize. • Consider a <u>waiver for participation</u> • Attend practices to ensure compliance • Consider an online meeting to prepare coaches prior to beginning and set expectations.
<p>MODERATION</p>	<ul style="list-style-type: none"> • Provide coaches with <u>age-appropriate guidelines for practice intensity</u>. • Attend practices to ensure compliance
<p>INFECTION CONTROL</p>	<ul style="list-style-type: none"> • Update your <u>emergency plan</u> and <u>COVID Action Plan (CAP)</u> and provide to coaches and parents (see p 16 RTP) • Provide <u>hygiene before, during and after tip sheet</u> to parents, players and coaches • Identify and equip a safety/hygiene manager. • Attend practices to ensure compliance • Implement <u>screening questionnaire</u> • COMMUNICATE EFFECTIVELY directly with customers and on your program’s website and social media channels. Consider making a video to explain procedures/expectations etc.



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BEST PRACTICES: PARENTS

<p>SMALL GROUPS</p>	<ul style="list-style-type: none"> • Read all communications sent from your program • Give your child a heads up as to what to expect from his/her experience.
<p>KEEP DISTANCE</p>	<ul style="list-style-type: none"> • Review distancing guidelines and hygiene etiquette with your child • Drop your child off and pick him/her up per protocols outlined by your program. • If you need to enter the vicinity, wear a mask.
<p>MODERATION</p>	<ul style="list-style-type: none"> • Know that participation is optional and make choices that are right for your family. • Backyard lacrosse play and other physical activity is just fine right now too. • Don't be a victim of FOMO (fear of missing out) • Monitor your child for symptoms of anxiety, depression or distress.
<p>INFECTION CONTROL</p>	<ul style="list-style-type: none"> • Follow the standards and protocols set by your program for your child's participation. Makes sure they have their own water and hand sanitizer, and a case for their mouthguard. • Offer to help • Donate supplies like sanitizer • Remind your player of good hygiene • If you are a family member have signs of illness or suspect you may have been exposed keep your child home from practice • Help show your child how to clean his/her equipment after practice, ensure this gets done.



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AVAILABLE RESOURCES

uslacrosse.org/athlete-development/coaching-tools

uslacrosse.org/coaches/mobile-coach

learning.uslacrosse.org

uslacrosse.org/return-to-play

nsca.com/education/nsca-videos/

[Dynamic Warm-Up-Pre-Practice
www.youtube.com/watch?v=mQ7-GTNqYgw](https://www.youtube.com/watch?v=mQ7-GTNqYgw)

cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html

cdc.gov/coronavirus/2019-ncov/downloads/community/checklist-for-coaches-covid19.pdf

cdc.gov/coronavirus/2019-ncov/downloads/community/youth-sports-fact-sheet-covid19.pdf

cdc.gov/coronavirus/2019-ncov/downloads/community/youth-sports-covid-banner-print_6x3.pdf



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