



RETURN TO PLAY

BEST PRACTICES

- STAGE 5 -





A supplement to the following content:

uslacrosse.org/return-to-play

uslacrosse.org/sites/default/files/public/documents/safety/us-lacrosse-re-turn-to-play-july-1-final.pdf



RETURN TO PLAY

ALL STATE AND LOCAL REQUIREMENTS MUST BE MET IN ADDITION TO ANY RECOMMENDATIONS HERE.



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**

HYGIENE AND DISTANCING	<ul style="list-style-type: none">• Bring your own water and snacks• Don't share equipment• Use hand sanitizer and/or wash hands frequently• Shower and disinfect equipment after play• Keep your mouthguard in a case when not playing• Have a designated place for your personal items• Wear a mask when not playing• Socially distance on the sidelines and around the facility• No high fives, fist-bumps, hugs etc.
GAME AND PLAY CONSIDERATIONS	<ul style="list-style-type: none">• Listen to the officials and coaches about modification to game-play• Do your best to keep the ball moving during play• If you start to feel unwell, call for a substitute• Keep your mouthguard in at all times• Keep social distance when "on the bench"
REST AND RECOVERY	<ul style="list-style-type: none">• Be patient—it takes time to get back into the competition groove• Be thoughtful about hydration and nutrition post-competition• Build in time to recover after games; cool down• Get good sleep• Tell a trusted adult if you do not feel well.



RETURN TO PLAY

ALL STATE AND LOCAL REQUIREMENTS MUST BE MET IN ADDITION TO ANY RECOMMENDATIONS HERE.



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: COACHES

HYGIENE AND DISTANCING	<ul style="list-style-type: none">• Maintain social distancing at all times, including with officials, the score table, and your bench• Wear a mask• Remind players of appropriate hygiene and protocols• If you are not feeling well or suspect you may have been exposed to COVID-19, do not participate.
GAME AND PLAY CONSIDERATIONS	<ul style="list-style-type: none">• No huddling during timeouts, before or after the gam• Help players adjust to play modifications• Monitor playing time and environment; know each players' level of preparation and fitness prior to competition• Follow protocols established by event for pre-game procedures• Substitute frequently; err on the side of caution and substitute players who appear to be struggling• Monitor your bench and enforce distancing requirements.• Always put the welfare of the athlete ahead of the outcome of the game
REST AND RECOVERY	<ul style="list-style-type: none">• Be patient if your team has been out of competition for a while.• Provide cool-down routines for players to when away from the event/game/venue• Remind players of appropriate recovery nutrition, hydration and rest• Keep track of players' load, physical and mental state



RETURN TO PLAY

ALL STATE AND LOCAL REQUIREMENTS MUST BE MET IN ADDITION TO ANY RECOMMENDATIONS HERE.



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: PARENTS

HYGIENE AND DISTANCING

- Ensure your child has adequate water and food for the competition
- Help them with disinfecting after the event.
- Discuss what to expect at the event as it may be different from what your child had experienced in the past
- Wear a mask; maintain distancing at the event
- If possible, limit the number of non-players you bring to the event.
- If your child is not feeling well or you suspect someone from your family has been exposed to COVID-19, do not participate

GAME AND PLAY CONSIDERATIONS

- Follow ALL the requirements and procedures outlined by the facility and the event operator.
- Be respectful and courteous at all times.
- Do not approach coaches, personnel, or officials during games; if you need to talk to someone afterward, maintain distancing.
- Wear a mask and maintain social distancing before, during and after the game. Stand or sit where told to by the operator.
- Minimize the amount of time spent on-site, leave quickly after the game.

REST AND RECOVERY

- Talk to your child about his or her experience. Monitor physical and mental state.
- Help your child hydrate and eat appropriately after the competition
- Encourage enough sleep for your child
- Don't be afraid to reassess the situation if your child appears to be struggling.



RETURN TO PLAY

ALL STATE AND LOCAL REQUIREMENTS MUST BE MET IN ADDITION TO ANY RECOMMENDATIONS HERE.



AVAILABLE RESOURCES

Stage 5 information at
uslacrosse.org/return-to-play

Rule modifications-Boys'
uslacrosse.org/sites/default/files/public/documents/rules/rtp-mens-game-modifications.pdf

Rule Modifications-Girls'
uslacrosse.org/sites/default/files/public/documents/rules/rtp-womens-game-modifications.pdf

CDC Guidance for Large Community Events and Mass Gatherings:
cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html

Parent Checklist for Considering Return to Play
uslacrosse.org/sites/default/files/public/documents/safety/RTP_ParentEval-Checklist_FORMATTED.pdf



RETURN TO PLAY

ALL STATE AND LOCAL REQUIREMENTS MUST BE MET IN ADDITION TO ANY RECOMMENDATIONS HERE.