RETURN TO PLAY

BEST PRACTICES
- STAGE 1 -

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

STAGE I | AT HOME

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.
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**BEST PRACTICES: ATHLETES**

**PHYSICALLY ACTIVE**
- Individual varied physical activity, try lots of different activities, have fun, play

**SPORT SKILLS**
- Skills training as available and possible

**MENTAL HEALTH**
- 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

**REST**
- Use time for rest
- Establish a regular sleep schedule
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**BEST PRACTICES: COACHES**

| PHYSICALLY ACTIVE | • Encourage FUN, daily physical activity  
|                  | • Multi-sport activities/cross-training  
|                  | • Share ideas and age-appropriate conditioning and strength ideas |
| SPORT SKILLS      | • Share ideas with your players  
|                  | • Create challenges and ways to engage  
|                  | • Don’t overpressure athletes  
|                  | • Invest some time in your own coach development |
| MENTAL HEALTH     | • Check in regularly with your athletes  
|                  | • Connect with them about things other than sport and performance  
|                  | • Hold engaging team online meetings |
| REST              | • Take care of yourself, enjoy your current pause.  
|                  | • Encourage athletes to rest |
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**BEST PRACTICES: PROGRAM LEADERS/CLUB DIRECTORS**

| PHYSICALLY ACTIVE | • Share resources and ideas with your coaches by age-group  
| • Encourage communication  
| • Keep your website and social channels updated with content |

| SPORT SKILLS | • Share resources and ideas with your coaches by age-group  
| • Encourage communication |

| MENTAL HEALTH | • Share resources and ideas with your coaches by age-group  
| • Encourage communication, facilitate online options |

| REST | • Take care of yourself, enjoy your current pause. |
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### BEST PRACTICES: PARENTS

| PHYSICALLY ACTIVE | • Encourage FUN daily physical activity of many types as best as possible.  
| | • Play with your child  
| | • Model being physically active.  
| SPORT SKILLS | • 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  
| MENTAL HEALTH | • 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  
| REST | • Encourage a regular sleep schedule  
| | • Encourage athletes to rest if they are prone to over-train  
| | • Take care of yourself, enjoy your current pause.
AVAILABLE RESOURCES

www.uslacrosse.org/lax-at-home