



RETURN TO PLAY

BEST PRACTICES

- STAGE 4 -





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



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BEST PRACTICES: **ATHLETES**

<p>“IN HOUSE”</p>	<ul style="list-style-type: none"> • Scrimmage with other teams in your program or intrasquad small sided as part of practice or at a specified time.
<p>SMALL SIDED</p>	<ul style="list-style-type: none"> • Play up to 7v7, shortened or cross field • Possible play modifications (ie face-off, 1v1 ground balls only)
<p>FULL SQUAD (AGE SPECIFIC)</p>	<ul style="list-style-type: none"> • Play by your age groups’ US Lacrosse or NFHS rules • Possible play modifications
<p>REST AND RECOVERY</p>	<ul style="list-style-type: none"> • Be patient—it takes time to get back into the competition groove • Consider hydration and nutrition post-competition • Build in time to recover after game-days



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BEST PRACTICES: COACHES

<p>“IN HOUSE”</p>	<ul style="list-style-type: none"> Facilitate small sided competitions for your athletes, come up with quick rotations and formats that engage the athletes actively. Short time spent active, balance with rest.
<p>SMALL SIDED</p>	<ul style="list-style-type: none"> Manage playing time and positions Encourage players’ decision making abilities Help players adjust to play modifications Enforce hygiene Create new rituals to replace high fives, team huddles and cheers
<p>FULL SQUAD (AGE SPECIFIC)</p>	<ul style="list-style-type: none"> Be patient if your team has been out of competition for a while. Remember the principles of double-goal coaching Remind and model good hygiene
<p>REST AND RECOVERY</p>	<ul style="list-style-type: none"> Encourage players to take time to recover Check in with players to see how they’re doing mentally and physically Provide cool-down and stretching routines they can do at home.



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BEST PRACTICES: PROGRAM LEADERS/ CLUB DIRECTORS

<p>“IN HOUSE”</p>	<ul style="list-style-type: none"> • Schedule field time for teams to be able to compete • Set up small-sided cross field “courts” • Provide coaches with ideas and formats • Enlist hygiene helpers
<p>SMALL SIDED</p>	<ul style="list-style-type: none"> • Schedule field time for teams to be able to compete, arrange for other local programs to participate if applicable • Set up fields • Provide hygiene materials needed (hand sanitizer etc.)
<p>FULL SQUAD (AGE SPECIFIC)</p>	<ul style="list-style-type: none"> • Communicate about game-day protocols including spectator restrictions • Remind coaches of league policies and rules • Follow local guidelines for sporting events. • Attend home competitions • Survey coaches afterward
<p>MANAGE RISK</p>	<ul style="list-style-type: none"> • Conduct risk assessments for your games • Prepare Emergency Action Plans for persons showing signs and symptoms • Use infection control and hygiene practices extensively • Consider games without spectators • Do a health screening (and if possible, temperature check) for attendees



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BEST PRACTICES: PARENTS

<p>“IN HOUSE”</p>	<ul style="list-style-type: none"> • Follow all policies for game attendance • Limit the number of spectators you bring (if allowable) • Read the policies outlined by the host program • Be respectful and positive
<p>SMALL SIDED</p>	<ul style="list-style-type: none"> • Wear a mask and practice social distancing • Send your child with his/her own water and supplies. • Limit the amount of time you are on-site • Remember getting back to competing is for your child’s enjoyment and to have fun, not to win college scholarships or win a title.
<p>FULL SQUAD (AGE SPECIFIC)</p>	<ul style="list-style-type: none"> • Do not have your child participate if he/she is not feeling well or may have been exposed to COVID-19
<p>REST AND RECOVERY</p>	<ul style="list-style-type: none"> • Encourage your child to take time to recover • Check in with your child to see how they’re doing mentally and physically • Help them to get plenty of sleep



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AVAILABLE RESOURCES

Parent Checklist for Considering Return to Play

uslacrosse.org/sites/default/files/public/documents/safety/RTP_ParentEval-Checklist_FORMATTED.pdf

Athletes and Mental Health During COVID-19 Webinar

<https://vimeo.com/427577585>

Prepping Athletes to Return to Play Webinar

<https://vimeo.com/431451200>

CDC Considerations for Youth Sports

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports>



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