RETURN TO PLAY

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

STAGE 5 | FULL COMPETITION AND TOURNAMENTS

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.
STAGE 5 | FULL COMPETITION AND TOURNAMENTS

A supplement to the following content:

uslacrosse.org/return-to-play

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**BEST PRACTICES: ATHLETES**

**HYGIENE AND DISTANCING**
- 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**
- 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**
- 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.
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### BEST PRACTICES: COACHES

| HYGIENE AND DISTANCING | • 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 | • No huddling during timeouts, before or after the game  
|                           | • 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 | • 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 |
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**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.
Stage 5 information at uslacrosse.org/return-to-play

Rule modifications-Boys’

Rule Modifications-Girls'


Parent Checklist for Considering Return to Play