



RETURN TO PLAY

BEST PRACTICES

- STAGE 3 -





A supplement to the following content:

uslacrosse.org/return-to-play

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



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BEST PRACTICES: **ATHLETES**

<p>DOSE AND DURATION</p>	<ul style="list-style-type: none"> • Practices no longer than 60-90 minutes • 25 or fewer players • Full field, outdoors • 3 weeks to get back into playing shape-gradual increase in intensity
<p>LIMIT EXTENDED AND AVOIDABLE CLOSE CONTACT</p>	<ul style="list-style-type: none"> • No body checks (boys' lacrosse) • Limit body contact • No face-offs (boys' lacrosse) or draw (girls' lacrosse) • Leave space if waiting in line or taking breaks • No high fives etc.
<p>HYGIENE</p>	<ul style="list-style-type: none"> • Wash hands thoroughly and regularly with soap and water before and after practice, shower afterward. • Hand sanitize at practice • Cough and sneeze etiquette • No spitting • No shared food or drink • Keep your gear together in a personal space • Clean gear after practice
<p>SELF-AWARENESS</p>	<ul style="list-style-type: none"> • If you don't feel well, don't go to team practice • Better safe than sorry



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BEST PRACTICES: COACHES

<p>DOSE AND DURATION</p>	<ul style="list-style-type: none"> • Plan efficient practices no longer than 60-90 minutes • Use activities with built in conditioning—rapid, game-based drills, limited lines • Pace out your three week plan increase in intensity - use tools provided to age-appropriately condition players effectively • Provide out-of-practice assignments if not practicing daily to help players get back into shape.
<p>LIMIT EXTENDED AND AVOIDABLE CLOSE CONTACT</p>	<ul style="list-style-type: none"> • Minimize any waiting in lines or drills with close proximity of players • Modify any game-like play or scrimmaging to limit close contact. • No activities requiring body checking (boys' lacrosse) • Limit activities that could result in body contact • No activities with face-offs (boys' lacrosse)
<p>HYGIENE</p>	<ul style="list-style-type: none"> • Enforce hygiene standards • Ensure sanitizer is on field • Enlist a parent to assist with compliance • Remind players of good hygiene • Follow the standards yourself. • Wipe down equipment (balls, cones etc afterward)
<p>SELF-AWARENESS</p>	<ul style="list-style-type: none"> • Do not coach if you have signs of illness or suspect you may have been exposed



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BEST PRACTICES: PROGRAM LEADERS/ CLUB DIRECTORS

<p>DOSE AND DURATION</p>	<ul style="list-style-type: none"> • Communicate with your coaches Stage 3 practice standards and tools. • Provide activities and practices plans by age-group to coaches
<p>LIMIT EXTENDED AND AVOIDABLE CLOSE CONTACT</p>	<ul style="list-style-type: none"> • Provide Stage 3 distancing guidelines to families and coaches • Consider a waiver for participation • Attend practices to ensure compliance • Consider a video meeting to prepare coaches prior to beginning and set expectations.
<p>HYGIENE</p>	<ul style="list-style-type: none"> • Share your emergency plan and provide to coaches and parents • Provide hygiene before, during and after tip sheet to parents and coaches • Identify and equip a safety/hygiene manager. • Attend practices to ensure compliance • Implement health screening questionnaire
<p>SELF-AWARENESS</p>	<ul style="list-style-type: none"> • COMMUNICATE EFFECTIVELY directly with players' families and on your program's website and social media channels.



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BEST PRACTICES: PARENTS

<p>DOSE AND DURATION</p>	<ul style="list-style-type: none"> • Monitor the intensity of your child’s training. There should be an easing back in over several weeks. • Ensure your child gets adequate rest
<p>LIMIT EXTENDED AND AVOIDABLE CLOSE CONTACT</p>	<ul style="list-style-type: none"> • Follow your program’s guidelines for social distancing. • Wear a mask if you need to interact with people during pick-up and drop-off • Don’t hang around if you’re not supposed to.
<p>HYGIENE</p>	<ul style="list-style-type: none"> • Ensure athletes clean gear after practice • Reinforce hygiene standards set by your program • Offer to help. • See Stage 2 for more information
<p>SELF-AWARENESS</p>	<ul style="list-style-type: none"> • Do not send your child to practice if he/she has signs of illness or you suspect someone in your household may have been exposed



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AVAILABLE RESOURCES

Scrimmage modifications:

uslacrosse.org/sites/default/files/public/documents/coaches/RTP%20Stage%203%20Intrasquad%20Scrimmage.pdf

CDC FAQ on Youth Sports Programs

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports-faq.html?deliveryName=USCDC_2067-DM31413

CDC Considerations for Youth Sports

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

Stage 3 Guidance at:

uslacrosse.org/return-to-play

Prepping Athletes to Return to Play Webinar

<https://vimeo.com/431451200>



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