



# SAFE RETURN TO PLAY

## RETURN TO PLAY: SUMMER 2020 EVALUATION CHECKLIST FOR PARENTS

- ❑ Does my child have any pre-existing conditions or risk factors that would make returning to play lacrosse in a team setting high risk for him or her? See <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html> for more information.
- ❑ What is our family's current level of risk tolerance? Are there family members in our household who may be put at higher risk if my child returns to lacrosse activity?
- ❑ What is my child's mental state about returning to play? Is he or she anxious? Excited? Comfortable? Have I had a frank conversation with my child about his or her desires for the lacrosse experience this summer? Am I prioritizing how my child feels over my own interest in his/her sport involvement?
- ❑ Is my child able to follow new hygiene protocols and social distancing measures at practices or games? Details can be found at <https://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf>
- ❑ Will my child have the opportunity to ease back into lacrosse activity before being asked to play a competitive game or series of games in higher intensity situations? (two weeks of progressive practicing is the minimum recommendation before returning to competition, visit [www.uslacrosse.org/return-to-play](http://www.uslacrosse.org/return-to-play) for additional resources and webinars on appropriate activities)
- ❑ Does my program have an Emergency Action Plan and Covid Response Plan that's been shared?
- ❑ Has there been good communication about what to expect?
- ❑ Is my coach trained and knowledgeable about running efficient ADM-style practices and committed to creating a practice plan for socially distanced activities that align with the lacrosse stage of return?

## QUESTIONS TO ASK WHEN CONSIDERING COMPETITION/TOURNAMENTS/PLAYDAYS

- Will the competition/tournament I am working follow all state and local regulations for group gatherings that are in place for my jurisdiction?
- Will the participants be local or from many different counties and states?
- How many participants will there be?
- Has the organizer shared their emergency action plan and COVID action plan with the participants and our organization?
- Does the event organizer have a mechanism to alert me or my program if any COVID-19 cases occur by participants at the event after the fact? Is there a mechanism by which I can report if my player have COVID within 14 days of the event?
- Has the organizer communicated clear and reasonable protocols for social distancing and when masks are required for coaches, players, spectators and officials off the playing field? Is there a way to alert organizers if policies are not being followed?
- Do I feel like I have enough information about the event and its policies that I am comfortable with my player participating?

What if we don't feel like summer 2020 is the right time for our child to begin participating in formal lacrosse activity?

Above all choose what is best for your child and your family.

If you choose not to return this summer, use US Lacrosse Lax at Home resources or play pickup or backyard lacrosse if formal play isn't right for your family at this time. <https://www.uslacrosse.org/lax-at-home>

## ADDITIONAL RESOURCES

For additional information please visit [www.uslacrosse.org/return-to-play](http://www.uslacrosse.org/return-to-play) and consider viewing webinars produced on these topics at <https://www.uslacrosse.org/webinar>

Please also see <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html> for additional information.



Last updated 6/19/2020

**SAFE RETURN TO PLAY**

