

Langham Creek Lobo Lacrosse



RETURN TO PLAY Guidelines

September 2020



Overview of Return to Play Guidelines for Lacrosse

This document is to provide a framework of guidelines to be used for a safer return to the lacrosse field during, and after, the COVID-19 pandemic. Please note: Majority of guidelines were provided by the US Lacrosse. These are guidelines only. **Parents are responsible to confirm players are adhering to the guidelines.**

These guidelines prioritize the protection of players, coaches, officials and volunteers, as well as their families and friends. The responsibility to safely return athletes to the lacrosse field in the midst of a pandemic includes limiting exposure of athletes, coaches, officials, volunteers and parents to the virus, as well as assuring effective collaboration with facilities, considering socio-economic barriers that may limit access, ensuring necessary hygiene practices are implemented, and preventing athlete injury caused by extended inactivity, to name a few.

These guidelines are not intended to serve as a replacement for professional medical advice, diagnosis or treatment by a licensed medical professional. The information regarding the prevention and treatment of COVID-19 is ever changing and, although these guidelines will be continually reviewed and updated, LOBO Lacrosse cannot assure that this information is current or complete.

Governance guidelines have been leveraged to develop these team guidelines:

- US Lacrosse - provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.
- UIL (University Interscholastic League)
- Any return to play options will be led first and foremost by federal, state and local public health guidelines and mandates.



General Guidance on Return to Play

The following CDC recommendations should be followed, regardless of the Return to Play stage in your community, county or state. They currently include:

- Stay at home if you are feeling sick or experiencing the following COVID-19 symptoms: People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills & Muscle pain
- Sore throat
- New loss of taste or smell

*This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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

- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- Thoroughly wash hands with soap and water for at least 20 seconds (sing “Happy Birthday” twice) or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Have sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes. **Players are recommended to bring their own sanitizer to each event.**
- **If capability exists**, temperature of participants should be taken using an infrared thermometer. Anyone with a temperature of 100.3 degrees or more should be sent home and evaluated by a licensed medical professional before being cleared to participate.



- Arrive dressed and ready to train.
- Minimize use of changing rooms, bathrooms, communal areas.
- Eat off-site. **Bring own water bottle.**
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.
- Follow the public health guidance of the host location for the lacrosse activity, when determining what necessary return to play and risk mitigation plan to follow.
- Consistent with applicable law and privacy policies, have coaches, staff, umpires/officials, and families of players (as feasible) self-report to the sports organization if they have COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with other applicable laws and regulations. Notify staff, officials, families, and the public of youth sports facility closures and restrictions in place to limit COVID-19 exposure.

The Centers for Disease Control and Prevention offers recommendations on how members of the public can limit the spread of the COVID-19. Check local public health recommendations and mandates in your area, found on your state and local government website, before heading anywhere for a lacrosse activity. A directory of state health departments and the latest data on COVID-19 cases and deaths by U.S. county can be found here:

[Centers of Disease Control and Prevention](#)

[World Health Organization](#)

[State Departments of Health](#)



Stages for Return to Playing Lacrosse

These guidelines consist of a “staged” return to play that is based on staged or phased return of activities established by most states and local public health departments. Factors such as new infections of COVID-19, the rate of hospitalizations due to COVID-19, and the availability of healthcare resources in each community, county or state determine the stage or phase of activity allowed. The return to play “stages” in this document will broadly describe the activities that are recommended, based on the level of risk that is associated with that activity, during that stage. Please refer to the CDC and your State Departments of Health to determine the recovery stage of your community, county or state.

It is important to note that these stages are not intended to be followed in a linear manner, as it may become necessary to return to prior staged guidance and activities, based on the everchanging status of COVID-19 exposure in the community, county or state that you are conducting lacrosse activities in. It is possible, if not likely, that there will be local and regional outbreaks and surges of COVID-19 for some time to come.

Younger children (under the age of 8) may not be best suited for any organized, modified group lacrosse activity conducted in Stages 2 and 3, as younger children will have more difficulty maintaining social distancing and practicing recommended risk mitigation with their personal belongings and equipment.

This white paper provides guidance that US Lacrosse recommends for return to lacrosse activities focused on transitioning children back into physical activity through organized small-group practices and training, and not competition. Research has shown that introduction to full competition activity after a long span of deconditioning increases risk for significant musculoskeletal injury. **Every effort should be made to have a gradual return to activity starting with drills and conditioning regardless of the community phase.** At this time, we have found no current medical evidence that suggests a return to play that includes full-field, full-roster sized teams, competing in full-length games or tournaments could occur without significant risk to participants.

Stage 1: At home individual training (mild risk) Aligned with state/local public health guidelines that do not permit or recommend any size group gathering,



outside of family members, in any public setting. At this stage, the community may be under a stay-at-home order by local or regional authorities. At this time, according to the CDC, there is large scale community transmission, healthcare staffing is significantly impacted, and there are multiple COVID-19 cases within communal settings like healthcare facilities, schools, mass gatherings, etc...

- Goal: Hone sport-specific skills at home with individual drills that can be done in backyard or driveway. Prepare for sports participation with general cardiovascular conditioning, core work and body weight strength. Work on injury prevention activities, such as those offered in the US Lacrosse LaxFit course (free to members): <https://www.uslacrosse.org/coaches/coach-development-program/online-courses/laxfit>

Stage 2 – STARTING STAGE: Small group (less than 10) modified lacrosse activity or practice at outdoor facility (mild to moderate risk) Aligned with state/local public health guidelines that allow for small group (under 10) gatherings in a public or private setting. At this stage, according to the CDC, there is widespread and/or sustained transmission with high likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

- Goal: Continue conditioning with small, socially-distanced community based groups. Improve hand-eye coordination, footwork, shooting skills. Continue improving cardiovascular and lacrosse fitness in a supportive group setting for enhanced mental and physical health.

Stage 3: Medium group (less than 50) modified intra-squad scrimmages/practices with limited closeness and contact at outdoor facility (moderate risk) Aligned with state/local public health guidelines that allow for under 10 people to gather in groups indoors at a time or up to 50 people to gather outdoors at a time. At this stage, according to the CDC, we are likely to see transmission with likelihood or confirmed exposure within communal settings with potential for rapid increase in suspected cases.

- Goal: Once appropriate fitness levels are attained, this stage allows for increasing intensity and competitiveness in drills, including game-specific drills.



Stage 4: Medium group (less than 50) local competition/ practices from teams within same locale, with limited closeness and contact at outdoor or indoor facility (moderate to high risk) no multi-team events Aligned with state/local public health guidelines that allow for up to 50 people, to gather indoors or outdoors, at a time. At this stage, according to the CDC, sustained transmission with likelihood or confirmed exposure within communal settings with potential for increase in suspected cases.

- Goal: Create a more competitive environment with local groups to enhance skills while protecting athletes from risks of travel and interactions with different communities with different risk profiles.

Stage 5: Larger group gatherings (more than 50) and full competition resumption with multiple teams from varied geographic areas. (highest risk) Aligned with state/local public health guidelines that allow for groups larger than 50. At this stage, according to the CDC, there is evidence of isolated cases or limited community transmission, case investigations underway, no evidence of exposure in large communal setting, e.g., healthcare facility, school, mass gathering.

- Goal: Full return to larger competitive events, including participants from a variety of communities/regions. Events should be evaluated for safety considerations and continued diligence to mitigate virus transmission.

