

# COVID-19 Sports Guidance for Youth and Adults

Latest updates: Information has been reorganized and now includes guidance about spectators.

**Any time you are in a gathering with other people, you are putting yourself and others at risk of exposure to SARS-CoV-2**, the virus that causes COVID-19. COVID-19 can lead to serious medical conditions and even death for people of all ages. We cannot predict who will become severely ill, although we know that older people and people with underlying health conditions are at higher risk. We do not yet know what the long-term effects of COVID-19 are; even people with mild cases may experience long-term complications. People with symptoms and without symptoms can spread COVID-19. The masking, distancing, and other guidance provided here is intended to reduce the risk of transmission, but does not eliminate it.

This guidance document outlines prevention strategies to reduce the spread of COVID-19 during sports activities. This document is intended for organizers and participants of all ages, in sports activities organized by entities, associations, clubs, or organizations providing for registration of participants and oversight on a regular basis for a defined period of time.

For guidance about venues where patrons are mostly seated, please use the [Preparedness Plan Requirements Guidance – Seated Entertainment & Meetings \(dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_seated\\_entertainment.pdf\)](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_seated_entertainment.pdf) found at [Stay Safe Guidance for Entertainment \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).

For guidance about venues where patrons are moving around, such as bowling, pool, darts, or bean bags, please use the [Preparedness Plan Requirements Guidance - Recreational Entertainment & Meetings \(dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf\)](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf) found at [Stay Safe Guidance for Entertainment \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).

For more information, see the [Frequently Asked Questions: Updated COVID-19 Guidance for Youth and Adult Sports \(www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf).

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# Requirements for holding athletic events

## Create a preparedness plan

- ✓ Adopt and implement a COVID-19 Preparedness Plan as required by [Executive Orders issued by Governor Tim Walz \(mn.gov/governor/news/executiveorders.jsp\)](#). An organization's COVID-19 Preparedness Plans must address the requirements listed below as well as consider the outlined recommendations listed in this document. The plan should be updated when there are changes to public health official guidelines regarding group gatherings or sports activities.
  - All businesses (sports facilities, gyms, associations, sports clubs/teams, etc.) are required to develop a program-specific plan. Templates for developing a program-specific plan can be found at [Stay Safe MN \(staysafe.mn.gov\)](#).
  - All youth sports programs must also follow the parameters outlined in the [COVID-19 Prevention Guidance for Youth and Student Programs \(www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf\)](#). "Youth programs" are programs providing care or enrichment to children or adolescents such as day camps, summer activities, and recreational or educational classes that require registration and have on-site supervision. "Youth programs" does not include licensed child care facilities or school district summer learning programs.
  - The COVID-19 Preparedness Plan must be available and accessible to participants, volunteers, and employees.
- ✓ Identify a plan administrator for your organization's COVID-19 plan.
  - Communicate your COVID-19 plan to officials, umpires, and trainers.
  - This should include expectations around screening, face coverings, and other prevention efforts.
  - Plan templates are available at [Stay Safe Guidance for All Business Entities \(staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](#).
- ✓ Create protocols that are considerate of coaches, staff, players, volunteers, and participants at highest risk of complications from COVID-19.
  - [CDC: People at Increased Risk \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html\)](#)
  - [Executive Order 20-55, Protecting the Rights and Health of At Risk Populations during the COVID-19 Peacetime Emergency \(www.leg.state.mn.us/archive/execorders/20-55.pdf\)](#)

## Follow physical distancing

- ✓ Maintain 6 feet between participants when they are not playing (on the bench, in the dugout, on the sideline, etc.).
- ✓ Maintain 6 feet between spectators or household groups. Allow only household groups to purchase tickets for adjacent seating in a single transaction.

- ✓ During any practice or competition it is strongly recommended that spectators remain at least 12 feet away from the closest participant—meaning, at least 12 feet from the field, the bench, or the court, whichever is closest.

## Follow guidance for the event setting (e.g., gymnasium, rinks)

- ✓ Do not exceed the number of people allowed in the venue.
  - Facility and venue guidance is available at [Minnesota Stay Safe Guidance \(staysafe.mn.gov/industry-guidance/index.jsp\)](https://staysafe.mn.gov/industry-guidance/index.jsp). Including:
    - [Stay Safe Guidance for Outdoor Recreation Entities \(staysafe.mn.gov/industry-guidance/outdoor-recreation.jsp\)](https://staysafe.mn.gov/industry-guidance/outdoor-recreation.jsp)
    - [Stay Safe Guidance for Entertainment \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp)
    - [2020-21 Planning Guidance for Minnesota Public Schools \(education.mn.gov/mdeprod/idcplg?IdcService=GET\\_FILE&dDocName=MDE032934&RevisionSelectionMethod=latestReleased&Rendition=primary\)](https://education.mn.gov/mdeprod/idcplg?IdcService=GET_FILE&dDocName=MDE032934&RevisionSelectionMethod=latestReleased&Rendition=primary) – Updated 10/8/20
    - A visual guide to capacity limits can be found here: [Minnesota’s Stay Safe Plan \(mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp\)](https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp).
  - For games held indoors, if 12 feet can’t be maintained between the participants in the game (athletes, coaches, student managers, time keepers) and the spectators, participants must be included in the total capacity count.
    - If spectators and participants in the game can be clearly separated by at least 12 feet, then participants in the game do not need to be included in the total capacity count.
  - For practices, spectators and participants all contribute to the total capacity limit of the event space, regardless of spacing between spectators and participants.
- ✓ Stagger game times to avoid crowding and congestion when spectators and participants are arriving, playing, and leaving.
- ✓ Post instructions for patrons throughout the venue at entrances, and inform patrons:
  - Not to enter if they are experiencing symptoms;
  - About the venue’s attendance limits;
  - That they are required to adhere to hygiene and social distancing instructions, signage and markings; and
  - That they are required to follow the venue’s requirements for wearing face coverings.
- ✓ Encourage patrons and visitors to review a screening survey that checks for COVID-19 symptoms, close contacts with confirmed cases and quarantined cases, and out of state travel. See MDH’s Visitor and Employee Health Screening Checklist ([www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf](http://www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf)).
- ✓ Limit or don’t allow concessions to minimize opportunities for crowding.

- ✓ Limit the size or don't allow bands, cheer squads, and other entertainment groups at the competition.
  - It is strongly recommended that any bands, cheer squads, or other entertainment groups present at a competition remain at least 12 feet away from the spectators and participants in the game.
  - If bands, cheer squads or other entertainment groups cannot maintain 12 feet of distance from spectators and participants in the game, then members of the band, cheer squads, and other entertainment groups must be included in the total spectator count.

## Follow face covering requirements

- ✓ As of July 25, 2020, per the Governor's Executive Order, people in Minnesota will be required to wear a face covering in all indoor businesses and public indoor spaces.
  - This Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to medical or other reasons. There are also situations in which a face covering may be temporarily removed or where face coverings are not required. For example, a person may temporarily remove their face covering when participating as an athlete in an organized sport in an indoor business or public indoor space while the level of exertion makes it difficult to wear a face covering.
  - Face coverings are strongly encouraged, but not required, when actively playing in an indoor or outdoor organized sport when social distancing is not being maintained. Athletes must wear face coverings for indoor sports when not actively playing, for example when sitting on the sidelines, the bench, or coming on and off the field/court.

More information about face covering requirements and exemptions is available at [Masks and face coverings \(www.health.state.mn.us/diseases/coronavirus/prevention.html#masks\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks).

- Additional information is also provided at:
  - [Face Covering Requirements and Recommendations under Executive Order 20-81 \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](https://www.health.state.mn.us/diseases/coronavirus/facecover.html)
  - [Frequently Asked Questions About the Requirement to Wear Face Coverings \(www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html\)](https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).

## Promote health checks

- ✓ Create protocols to maintain health checks and screening of participants and staff/volunteers.
  - Any staff, volunteers, or participants who are sick must stay home.
  - Have policies in place outlining the process for those who become sick while participating in a sport.
  - Be aware that persons can get a positive COVID-19 test even if they do not have symptoms.

## Requirements for holding practices

Follow the “Requirements for holding athletic events” in addition to the following:

### Spectator requirements:

- ✓ To the extent possible, do not allow spectators at practice to avoid crowding.
  - If necessary for spectators to be at practices, minimize the number of spectators and ensure that 6 feet social distancing between households is being adhered to and venue/facility guidance is being followed.

### Number of participants allowed:

- ✓ Keep practices small in size. For youth and adult organized sport practices or training (non-game or competition activities), create pods. Pod sizes cannot exceed 25 people per pod, either inside or outside. Pod count is composed of players and coaches.

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## Requirements for holding games, scrimmages, and competitions

### Spectator requirements:

- ✓ Capacity for spectators at games must follow the appropriate venue guidance (see above).
  - MDH strongly recommends no more than two spectators per participant.
- ✓ Require advanced reservations and/or ticketing (e.g., online, app-based, email, will-call). Do not allow walk-ins, impromptu purchases or admittance.
  - Names, phone number, and/or email should be collected as part of the reservations so that quick notification can be done if an individual develops COVID-19.
- ✓ Schedule arrival times for longer than their typical duration to minimize the congregation of patrons waiting. Establish staggered admission times, entry times and durations to minimize overlap and congregating of patrons at choke points (e.g., access points, security check points, admission areas, concession areas).

### Number of participants allowed:

- ✓ During a game, scrimmages, or competitions (played indoors or outdoors)
  - The number of participants allowed can include all of the people needed to make up the team.
  - A team is defined as the total number of players/athletes, coaches, referees, umpires, etc. needed to hold the game or competition as long as the total number of people does not exceed the total number allowed by the venue or facility (check capacity limits). This includes cross country and track teams.
- ✓ During a Cross Country or Track Event

- The “course maximum”—meaning the number of people allowed on the course at one time—is 250 participants or the total square footage of the course divided by 113, whichever is less.
- Participants must be divided into completely separated participant groups to ensure that the number of participants on the course at one time never exceeds the course maximum.
- Event participants must be further divided into “pods” and physically distanced (meaning 6 feet of distance is maintained between people from different households) within the pods. For cross country and track team events/competitions, four teams of up to seven athletes constitutes a pod.

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## Requirements for outdoor recreational race events

### Key information

- ✓ This guidance is for outdoor organized recreational races or non-competitive similar events (e.g., running races, “fun runs”/walks, triathlons, bicycle races/rides, charity walks, or cross-country skiing events).
- ✓ Any race events (including run/walk races, triathlons, bicycle races, or cross-country skiing races) that are half-marathon length or longer can only be held in venues that have defined perimeters and clear entrance and exit points (i.e., not on public roadways). This is to ensure that capacity limits are followed, that crowding can be controlled, and that social distancing is maintained among spectators.
- ✓ Examples of possible venues include fair grounds, golf courses, stadiums, or athletic fields.
- ✓ This guidance is not applicable to motorized races. For these events, please use the [Preparedness Plan Requirements Guidance – Recreational Entertainment & Meetings \(dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf\)](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf).

This guidance outlines the requirements for holding organized recreational race events (e.g., run/walk races, triathlons, bicycle races, or cross-country skiing) during the COVID-19 Peacetime Emergency. Unless this guidance imposes a different or additional requirement, any organized race event must also follow the requirements in other sections of this guidance document. Certain race events may have spectators and any event with spectators must follow the requirements of the [Preparedness Plan Requirements Guidance – Recreational Entertainment & Meetings \(dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf\)](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf) with respect to how many spectators are allowed and the steps that must be taken to protect the health and safety of spectators and workers or volunteers. The individual or entity responsible for organizing the race must incorporate applicable requirements from these guidance documents into the COVID-19 Preparedness Plan for the event.

## Key elements of an organized race plan

In order to prevent COVID-19 transmission at an organized race, to maintain control over the event, and to facilitate social distancing between participants, volunteers, and employees, all organized races must adhere to the following basic requirements:

- ✓ **Advance registration.** Registration must occur prior to the race through online or other contactless methods. Any racing equipment, promotional products or handouts, bibs, etc. should be mailed to participants prior to race day.
- ✓ **Participant and employee attendance.** The number of participants allowed on the race course at any one time depends on the size and structure of the course:
  - The “course maximum”—meaning the number of persons allowed on the course at one time—is 250 participants or the total square footage of the course divided by 113, whichever is less.
  - This “course maximum” ensures that there is at least 113 square feet for each person on the course (113 square feet is the U.S. Fire Administration’s recommended space per person to ensure safe social distancing).
  - Participants must be divided into completely separated participant groups to ensure the number of participants on the course at one time never exceeds the course maximum.
  - Further, races that choose to exceed the course maximum must ensure an entire participant group has completely finished the race and vacated the course before releasing a new group of participants.
  - Workers are not counted toward the “course maximum” for purposes of this guidance.
- ✓ **Participant pods.** Event participants must be further divided into “pods” of no more than 25 individuals and socially distanced (meaning, 6 feet of distance is maintained between people from different households) within the pods.
  - Each pod is released in a staggered manner to avoid clustering on the course and intermixing of pods.
  - As each pod is released, individual participants should also be released in a staggered manner or positioned to allow for proper social distancing within the pod.
- ✓ **Face coverings.**
  - Staff and volunteers must wear face coverings whenever social distancing (meaning, physical distance of at least 6 feet from persons who are not in the same household) cannot be maintained.
  - Participants and spectators are strongly encouraged (but not required) to wear face coverings.
  - For more information about face covering requirements refer to [Executive Order 20-81 \(www.leg.state.mn.us/archive/execorders/20-81.pdf\)](http://www.leg.state.mn.us/archive/execorders/20-81.pdf) and related MDH guidance [Face Covering Requirements and Recommendations under Executive Order 20-81 \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html) and [Frequently Asked](#)

Questions About the Requirement to Wear Face Coverings

([www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html](http://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html)).

- ✓ **Social distancing measures.** Participants must maintain social distancing from other participants, volunteers, and employees through the entire event, including at the starting line, throughout the race, and at the finish line. Staff and volunteers must also maintain social distancing from other staff, volunteers, and participants.
  - Social distancing measures should take into account the size and structure of the venue. For example, if the race takes place on a track, lanes should be designated according to pace (for example, with slower participants in outside lanes, and faster participants in inside lanes).
  - Markers such as tape, traffic cones, or stickers should be placed on the ground to aid participants in maintaining social distancing.
  - Participants should be given staggered arrival times, based on their pod's start time, to avoid congregating at the starting line. Participants within the same pod should be spaced at the starting line in a manner that allows them to maintain social distancing from each other.
  - Participants must immediately leave the course after finishing the race, and employees and volunteers must ensure that participants do not loiter or gather in groups at the finish area.
  
- ✓ **Spectators.**
  - If a race event is shorter than a half-marathon in length and is not being held in a venue with a defined perimeter (for example, if a course is located on a public roadway, trail, or other public right of way), spectators should be strongly discouraged. The event must not set up seating or other areas that will encourage congregation of spectators. Any persons who do watch the race must adhere to social gathering limits—i.e., groups of no more than 25 individuals spaced out along the course in such a way that they maintain social distancing from other groups and from any participants, staff, or volunteers.
  - Secluded courses (roads or trails/parks in areas with low foot and road traffic congestion) are preferred to discourage attracting crowds.
  - If the race is held in a defined outdoor venue (for example, at a track at a public school or in a stadium), spectators are permitted, but the venue must follow the capacity limitations and all other requirements outlined in the [Preparedness Plan Requirements Guidance – Recreational Entertainment & Meetings](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf) ([dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf)).
  - Reminder: Any race events (including run/walk races, triathlons, bicycle races, or cross-country skiing races) that are half-marathon length or longer can only be held in venues that have defined perimeters and clear entrance and exit points (i.e., not on public roadways).
  
- ✓ **Vendors and attractions.**
  - If a race is held at a defined venue (for example, at a track at a public school or in a stadium), vendors and other recreational/entertainment attractions are permitted, but must follow the Recreational Entertainment Guidance.



- If an event is not being held in a defined venue (for example, if a course is located on a public roadway, trail, or other public right of way), vendors or recreational/entertainment attractions coordinated by the event organizers are not permitted because they encourage the congregation of spectators.

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## Important risk considerations

### Level of contact in a sport

Before starting games for any sport, consider the risk associated with that sport in terms of COVID-19 being spread between players.

- ✓ The more physical or close contact that occurs the greater risk there is in spreading illness.
- ✓ A sport or training that takes place indoors is riskier than if the activity is done outdoors.
- ✓ Resources for Risk Categorization of Sports:
  - [National Collegiate Athletic Association COVID-19 Coronavirus \(www.ncaa.org/sport-science-institute/coronavirus-covid-19\)](http://www.ncaa.org/sport-science-institute/coronavirus-covid-19)
  - [United States Olympic and Paralympic Committee Coronavirus Updates \(www.teamusa.org/Coronavirus\)](http://www.teamusa.org/Coronavirus)  
Under the “Return to Training and Sport Event Planning” tab, select Sport Event Planning.
  - National Federation of State High School Association’s [Guidance for Opening up High School Athletics and Activities \(nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf\)](https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)

### Know before you play

There may be an increased risk of COVID-19 when participating in a game or tournament, and COVID-19 activity may be different in different regions of the state, also contributing to a possible increase in risk.

Traveling out of state to participate in sports activities is strongly discouraged. However, if teams are considering traveling to other regions or states for games, they should be aware of COVID-19 activity to inform their decision.

- ✓ For Minnesota:
  - [Situation Update for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/situation.html\)](http://www.health.state.mn.us/diseases/coronavirus/situation.html)
  - [Governor’s COVID-19 Dashboard \(mn.gov/covid19/data/covid-dashboard/index.jsp\)](http://mn.gov/covid19/data/covid-dashboard/index.jsp)
- ✓ For the broader United States:
  - [Johns Hopkins University of Medicine COVID-19 United States Cases by County \(coronavirus.jhu.edu/us-map\)](https://coronavirus.jhu.edu/us-map)

- [CDC COVID Data Tracker \(www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html\)](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html)

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## Recommendations for slowing the spread of COVID-19 during play

- ✓ Consider whether contact in the sport can be modified. For example, can contact be reduced among players during practice, and even during games, in order to limit close contact?
- ✓ Consider whether practices/games can occur outside, as in general, being outside reduces the risk of COVID-19 transmission.
- ✓ Minimize sharing of objects.
  - Do not share individual water bottles, community snacks, or towels.
  - Encourage use of dedicated personal equipment such as bats, mitts, rackets, etc.

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## If a member of your team or organization has COVID-19

- ✓ If a case of COVID-19 is reported to you, notify MDH by email at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us). MDH will be available to answer questions you have and can provide guidance. MDH also has template notification letters for close contacts or others on the team who may have questions about their risk of COVID-19.
- ✓ MDH/LPH will interview the case or parent/guardian, determine the dates when the case was infectious, identify anyone that may have been exposed, and collect contact information for those individuals.
  - People identified as exposed (close contacts) are those who spent at least 15 minutes within 6 feet of the case while the case was infectious (the infectious period starts 2 days before symptom onset, or 2 days before the case was tested, if they had no symptoms).
  - Exposed persons (close contacts) will need stay home for 14 days from the last contact with the COVID-19 case.
  - If necessary, MDH may contact your organization for information on close contacts.
  - It is important to keep rosters of who was at practices and games each day so we can do contact tracing quickly. For more information on how we do contact tracing, see [Tracing COVID-19 \(www.health.state.mn.us/diseases/coronavirus/tracing.html\)](https://www.health.state.mn.us/diseases/coronavirus/tracing.html).
  - You can find more information on what contacts need to do at [What to Do if You Have Had Close Contact With a Person With COVID-19 \(www.health.state.mn.us/diseases/coronavirus/contact.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/contact.pdf).

- Individuals who are sick with COVID-19 will need to stay out for 10 days from symptom onset. You can find most up to date information on these recommendations at [If You Are Sick \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).
- ✓ In general, you do not need to cancel practice or games once you hear of a case. If such steps are needed, MDH/LPH will reach out to you and work with you to determine next steps.
- ✓ If you know you have a case but haven't heard from MDH or LPH and you still have concerns or need notification resources, please email us at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us).

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## Team photography

- Standing close together is a high-risk activity, even when it is a shorter period of time. Consider taking individual photos and using editing software to combine them into a group photo.
- Consider using a longer lens to increase distance between the photography staff and the people being photographed.
- Group photos should be taken outside if at all possible.
- If indoors, use a space where people can be separated to allow for as much social distancing as possible.
- Prepare for the photos before people arrive. For example, identify the site (i.e., bleachers) and pre-mark the spots where people should stand for a group photo to minimize crowding together while coming into the area.
- People should face forward in the same direction.
- People should wear masks as they get into position and keep the mask on until the photographer provides a command to remove masks and take the picture. Time without masks should be very brief. People should replace their masks as soon as photos are done.
- When the photo has been taken, people should quickly separate from others.

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## Guidance development

This document was developed in collaboration with stakeholders in Minnesota – in particular, the Minnesota Amateur Sports Commission and the Higher Education Athletic Task Force.

The Minnesota Department of Education continues to partner with the Minnesota State High School League in providing guidance to member schools regarding participation in athletics and activities. School-based activities and athletics are important to our students' educational experience and more specific guidance will be provided in alignment with the three educational scenarios described in the [2020-2021 Planning Guide for Schools: Health Considerations for Navigating COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf). This document provides parameters for schools for the 2020-2021 school year.

[2020-21 Planning Guidance for Minnesota Public Schools](#)

[education.mn.gov/mdeprod/idcplg?IdcService=GET\\_FILE&dDocName=MDE032934&RevisionSelectionMethod=latestReleased&Rendition=primary](http://education.mn.gov/mdeprod/idcplg?IdcService=GET_FILE&dDocName=MDE032934&RevisionSelectionMethod=latestReleased&Rendition=primary) – Updated 10/8/20

## Future guidance

We will continue to monitor the trends of COVID-19 and continue to dial up or dial back as needed.

MDH will pay close attention to transmission trends in sports and refine guidance and response recommendations as needed to help prevent the spread of COVID-19.

## Sport-specific resources for return to play

**Note MDH is not promoting any resources but is including links here for your reference.**

- ✓ CDC guidance has considerations for youth sports. These principles can be applied to all ages: [Considerations for Youth Sports \(www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
- ✓ Strategies provided by the [National Collegiate Athletics Association: Core Principles of Resocialization of Collegiate Sport \(www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport\)](https://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport)
- ✓ Guidance and support at the [Minnesota Amateur Sports Commission \(www.mnsports.org/\)](http://www.mnsports.org/)
- ✓ [USA Wrestling COVID-19 Update \(www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section\)](http://www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section)
- ✓ [USA Wrestling Return to the Mat Guidelines \(content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf\)](https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf)
- ✓ [USA Hockey Player Safety & Health \(www.usahockey.com/playersafety\)](http://www.usahockey.com/playersafety)
- ✓ [Minnesota Ice Arena Managers Association COVID-19 Reference Page \(miama.org/members/covid-19-reference-page/\)](http://miama.org/members/covid-19-reference-page/)
- ✓ [US Lacrosse: Return-to-Play Recommendations for Lacrosse \(www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf\)](http://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf)
- ✓ [USATF Coronavirus 2019 \(COVID-19\) Information Page \(www.usatf.org/covid19\)](http://www.usatf.org/covid19)
- ✓ [USA Volleyball Return to Play Guidelines \(www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx\)](http://www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx)
- ✓ [USA Ultimate Return to Play Guidance \(www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf\)](http://www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf)
- ✓ [USA Swimming Coronavirus Resources \(www.usaswimming.org/utility/landing-pages/coronavirus\)](http://www.usaswimming.org/utility/landing-pages/coronavirus)
- ✓ [USTA Tennis Playing Tennis Safely \(www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html\)](http://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html)

- ✓ [USA Soccer Recommendations Guides \(www.ussoccer.com/playon/guides/phase-1-grassroots\)](http://www.ussoccer.com/playon/guides/phase-1-grassroots)
- ✓ [USGA Guidance in Applying Golf's Rules and Posting Scores \(www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html\)](http://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html)
- ✓ [Minnesota Softball Coronavirus Guidelines/Resources Page \(fastpitch.mnsoftball.com/coronavirus\)](http://fastpitch.mnsoftball.com/coronavirus)



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