



COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults

5/6/2021

This guidance applies to all business and places of public accommodation—defined by Executive Order 21-11, as amended by 21-21 (“EO”)—that offer organized youth and adult sports from Friday, May 7, 2021, at 12:00 p.m. (noon) through May 27, 2021. Businesses and places of public accommodation must continue to follow all other applicable [Stay Safe Industry Guidance \(staysafe.mn.gov/industry-guidance/index.jsp\)](https://staysafe.mn.gov/industry-guidance/index.jsp). The EO requires all businesses to have and implement a written COVID-19 Preparedness Plan that addresses EO requirements and applicable Stay Safe Industry Guidance. For more information about plan requirements, refer to applicable guidance on [Stay Safe Guidance for All Business Entities \(staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](https://staysafe.mn.gov/industry-guidance/all-businesses.jsp).

Organized adult and youth sports are any sports activity where participants are organized by entities, associations, clubs, or organizations providing for registration of participants and oversight on a regular basis for a defined period of time.

This guidance does not apply to teams or athletes participating in professional or intercollegiate sports activities. Intercollegiate sports teams and athletes must follow the guidance for sports activities in *Recommendations for Different Levels of COVID-19 Transmission Among Higher Education Institutions*, available at [Institutes of Higher Education: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/ihe.html\)](https://www.health.state.mn.us/diseases/coronavirus/schools/ihe.html). Professional sports participants and organizations must follow the *COVID-19 Professional Sports Guidance*, available at [Stay Safe Guidance for Organized Sports \(staysafe.mn.gov/industry-guidance/organized-sports.jsp\)](https://staysafe.mn.gov/industry-guidance/organized-sports.jsp).

Updates to this document include:

- ✓ Updated language on physical distancing recommendations for indoor and outdoor sports (page 3)
- ✓ Updated language on requirements and recommendations for face coverings in outdoor sports (page 5)
- ✓ Clarification of exceptions to indoor face covering requirements (page 5)
- ✓ Removed section addressing “requirements for outdoor recreational race events” (page 10-13)

Recommendations to prevent the spread of COVID-19

COVID-19 is primarily spread through respiratory droplets, so the risk of COVID-19 transmission increases when people gather with other households. Several key strategies can reduce the risk of getting sick or transmitting COVID-19:

- ✓ Wear a well-fitting face covering. Visit [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).
- ✓ Keep at least 6 feet of physical distance from other households and wash hands often.
- ✓ Get tested. Visit [COVID-19 Testing \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) for information about who should get tested and how to get a test.
- ✓ Stay home if you are sick or were exposed to COVID-19. Visit [If You Are Sick: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html) and [Quarantine Guidance for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/quarguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf).
- ✓ Get vaccinated. Visit [COVID-19 Vaccine \(www.health.state.mn.us/diseases/coronavirus/vaccine/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/vaccine/index.html).
- ✓ Work from home. Working from home is strongly recommended and businesses are strongly encouraged to allow employees to work from home when possible. Employers must provide reasonable accommodations as required under existing federal and state law. Employers are strongly encouraged to provide reasonable accommodations to employees with one or more members of their household who have underlying medical conditions and who are unable to be vaccinated.

The decision to participate in sports does not mean engaging in sports is without risk. A number of factors impact the level of risk associated with sports activities:

- ✓ A sport or training that takes place indoors is riskier than if the activity is done outdoors.
- ✓ The more physical or face-to-face contact that occurs, the greater the risk in spreading illness.
- ✓ Social activities and gatherings outside of practices and games are sources of transmission among teams. Permitted social gatherings must follow the [Stay Safe in Social Gatherings \(staysafe.mn.gov/individuals-families/social-gatherings.jsp\)](http://staysafe.mn.gov/individuals-families/social-gatherings.jsp) guidance.

Requirements and recommendations for holding athletic events

COVID-19 preparedness plan requirements

- ✓ 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 \(staysafe.mn.gov\)](https://staysafe.mn.gov).
 - COVID-19 preparedness plans 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 requirements to participants, staff, volunteers, officials, umpires, and trainers.
 - Whenever possible, identify a COVID-19 coordinator (which can also be the COVID-19 preparedness plan administrator).
 - This person will be the point person for any cases or outbreaks in the team or association.
 - This person will report COVID-19 cases to MDH, and work with MDH, local public health, and school health professionals to ensure close contacts are quickly identified, that isolation and quarantine are followed, and that parents and athletes are quickly identified.
- ✓ Create protocols that are considerate of coaches, staff, players, volunteers, and participants at highest risk of complications from COVID-19.
 - [Executive Order 20-55, Protecting the Rights and Health of At-Risk Populations during the COVID-19 Peacetime Emergency \(www.leg.state.mn.us/archive/execorders/20-55.pdf\)](https://www.leg.state.mn.us/archive/execorders/20-55.pdf).
 - [CDC: People at Increased Risk \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html).

Follow physical distancing guidance

Requirements for sports taking place indoors

- ✓ Maintain at least 6 feet between participants who are not playing (e.g., on the bench, in the dugout, on the sideline, in locker rooms, attending team meetings, and other similar situations).
- ✓ In indoor venues, spectator groups of no more than 10 people must maintain at least 6 feet between other spectators groups according to the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).

Recommendations for sports taking place indoors

- ✓ It is strongly recommended that spectators remain at least 12 feet from the closest sports participant. See below for additional spectator guidance and more detail on venue requirements if this distance is not maintained.

- ✓ Refer to [CDC: Choosing Safer Activities \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html\)](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html) for other considerations.

Recommendations for sports taking place outdoors

- ✓ Physical distancing is recommended for participants who are not playing (e.g., on the bench, in the dugout, on the sideline, in locker rooms, attending team meetings, and other similar situations).
- ✓ Physical distancing is recommended for spectators in outdoor venues. Visit [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](http://staysafe.mn.gov/industry-guidance/entertainment.jsp).
- ✓ Refer to [CDC: Choosing Safer Activities \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html\)](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html) for other considerations.

Follow guidance requirements for the venue or event setting

- ✓ Follow the applicable [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](http://staysafe.mn.gov/industry-guidance/entertainment.jsp), which contain requirements and recommendations for indoor and outdoor venue settings. In addition, all venues must follow the applicable [Stay Safe Guidance for All Business Entities \(staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](http://staysafe.mn.gov/industry-guidance/all-businesses.jsp).
- ✓ For indoor sports, do not exceed the number of people allowed in the venue or event setting.
 - For organized sport activities held in an indoor venue, if 12 feet cannot be maintained between the participants in the game (e.g., athletes, coaches, student managers, timekeepers, officials, bands, and cheerleaders) and spectators, participants must be included in the total occupancy count.
 - If spectators and participants can be clearly separated by at least 12 feet, then participants do not need to be included in the total occupancy count.
- ✓ Additionally, follow guidance outlined in sections below for spectators at practices and games.

Additional recommendations for venues and event settings

- ✓ Stagger game and practice times to avoid crowding and congestion when participants are arriving, playing, and leaving.
- ✓ Remind parents and athletes to stay socially distant when waiting for entry to the facility.
- ✓ Post instructions for patrons throughout the venue or event setting and at entrances that inform patrons of the following:
 - Not to enter if they are experiencing symptoms of COVID-19.
 - The venue's attendance limits.
 - That they are required to adhere to hygiene and social distancing instructions, should not cluster at entry or exit points, observe signage and markings that promote social distancing.
 - That they are required to follow the venue's requirements for wearing face coverings.

Follow face covering requirements and recommendations

Outdoor face covering requirements

- ✓ Face coverings are required for spectators in outdoor venues with 500 or more spectators in attendance.

Outdoor face covering recommendations

- ✓ Face coverings are recommended for participants in outdoor organized sports activities when social distancing cannot be maintained. Participants should consider testing weekly if not masking during practice or play.
- ✓ Face coverings are recommended for spectators in outdoor venues with less than 500 spectators in attendance.

Indoor face covering requirements

- ✓ Face coverings are required to be worn by all people at all times, including practices and games, with only the following exceptions:
 - For gymnastics and cheerleading, if safety concerns exist—such as choking or the face covering getting caught on objects—athletes may temporarily remove their face covering during the activity. Activities that could involve these concerns include tumbling, stunting, flying, or activities on certain apparatuses. However, athletes must wear face coverings for all activities that do not involve these concerns.
 - People who swim, dive, or participate in water sports should not wear a cloth face covering while they are in the water.
 - During wrestling contact, a face covering could become a choking or visual hazard and is discouraged unless an adult coach or official is closely monitoring for safety purposes.
 - While indoors and performing or competing in solo events and competitions, individuals are recommended, but not required to, wear a face covering. For example, a solo dance performer on a stage is not required to wear a mask during the performance if appropriately distanced from the audience and others (i.e., greater than 12 feet).
 - Children under age 2 must not wear face coverings. Children between the ages of 2 and 5 years old are not required to wear face coverings but are encouraged to wear a face covering when in public if they can do so reliably in compliance with CDC guidance (i.e., without frequently touching or removing the face covering). Visit [CDC: How to Wear Masks \(www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html\)](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html).
 - People who have medical or other health conditions, disabilities, or mental health, developmental, or behavioral needs that make it difficult to tolerate wearing a face covering. For guidance on when a person refuses to wear a face covering, or is unable to wear a face covering due to a disability, medical, or mental health condition, please visit [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).

- Face-covering guidance does allow for people to remove their face covering if they are having trouble breathing. If an athlete needs to take their mask off, they should take a break from play, and find an area where they can sit down and be physically distanced before removing the face covering.
- ✓ Considerations for indoor sports with helmets:
 - If an indoor sport requires a helmet that interferes with wearing a face covering safely or effectively, athletes may consider alternatives to face coverings that are specifically designed by helmet manufacturers to provide protection against the splashes, sprays, and aerosols that can lead to COVID-19 transmission (i.e., a full-face shield).
 - A face covering is still the most protective option and should be used to the extent possible, but a full-face shield may provide some protection.
 - Any face shield used as a face covering alternative must cover the entire face, extend to the ears and below the chin, and must not have exposed gaps or vents near the eyes, mouth, or nose.
 - For more information, please visit [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).

Additional face covering resources and recommendations

- ✓ For further information about wearing face coverings during sports and wearing face coverings properly, please review:
 - [American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports and Physical Activity \(services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/\)](https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/)
 - [Face Covering Requirements and Recommendations \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html)
 - [Face Coverings in Organized Sports During COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sportsmask.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/sportsmask.pdf)
- ✓ Acclimating to face coverings:
 - MDH recognizes that it takes time for people to acclimate to face coverings. There are some key considerations to help athletes effectively wear face coverings during any sport.
 - Wear a face covering that fits snugly against the sides of the face. This will prevent it from slipping and interfering with vision. Athletes may have to try a variety of face coverings to find one that fits properly.
 - Before using a face covering in competition, athletes should acclimate to wearing a face covering during practices by starting out with less intense workouts and building intensity as they become comfortable wearing the face covering.
 - Bring extra face coverings to practice so athletes can replace wet or soiled face coverings.
 - Face-covering guidance does allow for people to remove their face covering if they are having trouble breathing. If an athlete needs to take their mask off, they should take a break from play,

and find an area where they can sit down and be physically distanced before removing the face covering.

- Athletes should stop activity if they are feeling overly fatigued, dizziness, headache, muscular weakness, or drowsiness.

Recommendations to promote testing in sports participants

- ✓ Those participating in sports programs and activities (including athletes, coaches, officials, and other participants) are strongly recommended to test weekly, especially those in K-12 schools. Prioritize testing 72 hours prior to a game.
- ✓ MDH also strongly recommends that those who participate in wrestling get tested prior to each competition.
 - Wrestling is a sport that confers high risk for transmission of the virus that causes COVID-19 because of close proximity and contact with another person. In addition, it is difficult for masks to be worn without getting pulled off and tangled.
 - Minnesota and other states have identified multiple outbreaks associated with wrestling. Because the virus that causes COVID-19 can be transmitted by asymptomatic people, MDH strongly recommends that wrestlers test for COVID-19 frequently, including 48–72 hours prior to a meet.
 - When planning, it is important to take into account the time needed for test results to be available prior to the match.
- ✓ For more information about testing options available to sports teams, go to [COVID-19 Testing for Minnesota Organized Sports Participants \(www.health.state.mn.us/diseases/coronavirus/sportstest.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/sportstest.pdf).

Health screening requirements

- ✓ Create protocols to maintain health checks and screening of participants, spectators, staff, and volunteers.
 - Follow the health screening requirements in the applicable [Stay Safe Guidance for All Business Entities \(staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](https://staysafe.mn.gov/industry-guidance/all-businesses.jsp).
 - Be aware that people can get a positive COVID-19 test even if they do not have symptoms.

Requirements and recommendations for practices

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

Spectator requirements

- ✓ If it is necessary for spectators to be at practices, ensure that spectators are complying with venue guidance—including applicable capacity limits for sports held indoors.

- ✓ Follow face covering requirements in the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).

Indoor practice requirements

- ✓ Participants must maintain 6 feet of social distancing when not actively playing (team meetings, side lines, waiting for a turn).
- ✓ 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 50 people indoors.
 - A “pod” is a group of people that only practice or play with members of their own pod, which limits the potential for transmission in the event of an exposure or outbreak. Teams and organizations are responsible for ensuring that members of different pods do not practice together, interact, or otherwise come into close contact while organized sports are occurring.
 - Pods must either practice in physically separate rooms, facilities, or areas, or steps must be taken to ensure that pods are kept separated by a distance of no less than 12 feet at all times.
 - Teams must also avoid reassigning athletes to different pods to the maximum extent possible.
 - The smaller the pod size, the more the team can minimize broader transmission of COVID-19 among teammates.

Additional indoor practice recommendations

- ✓ Spectators at indoor practices are strongly discouraged. If spectators must attend practices, consider limiting to one per participant.
- ✓ Avoid using locker rooms and facility showers.

Requirements and recommendations for games, scrimmages, and competitions

Spectator requirements

- ✓ For indoor sports, the total number of spectators at games must comply with indoor venue guidance and capacity limits (refer to “Follow guidance for the event setting” section above).
 - Strongly consider limiting spectators to one to two people per participant to minimize transmission and to comply with applicable venue guidance and capacity limits.
- ✓ For indoor sports, require reservations or ticketing (e.g., online, app-based, email, will-call, walk-up) according to the requirements in the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).
- ✓ Follow face covering requirements in the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).

Spectator recommendations

- ✓ Schedule arrival times for longer than their typical duration to minimize the congregation of patrons waiting. Establish staggered admission or 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).

Multi-team (more than two teams) events and tournaments

MDH strongly recommends against holding tournaments or sporting events that will bring teams together from different states or from outside your local area. If teams choose to host multi-team events, the following guidelines apply.

Requirements for indoor settings

- ✓ The occupancy requirements that apply to the venue or event setting must be followed (refer to the “follow guidance for the event setting” section above).
- ✓ People who are spectators can get food and eat either in designated food areas or at their seats, if allowed by the venue or event setting.
- ✓ Allow only one team in a locker room at any one time and limit the amount of time each team spends in the locker room.
- ✓ Teams should only arrive early enough to warm up before their competition, and teams should leave as soon as their game is over. If athletes linger after a game to eat or watch games, they must be counted toward the overall occupancy of the venue (for indoor venues) and follow guidance requirements that apply to the venue or event.

Recommendations

- ✓ Consider limiting or not allowing entertainment (including bands, cheer squads, or dance teams) at this time.
- ✓ Strongly consider limiting spectators to one to two people per participant to minimize transmission and to comply with applicable venue guidance and capacity limits.
- ✓ Limit the number of participants as much as possible, as well as minimize the number of parents or chaperones that travel with the team.
 - Remember that if a person tests positive for COVID-19 and was traveling with others in a vehicle for greater than 30 minutes, it could result in quarantine of everyone who traveled with that person in the same vehicle (e.g., bus, van, SUV, etc.).
- ✓ Avoid overnight stays as much as possible. Consider hosting events at a central location that does not require teams to stay overnight.
 - Remember that staying at hotels can create another environment where teammates gather in close proximity, which increases risk of transmission.

Important risk considerations

Playing teams from different regions and states

There may be an increased risk of COVID-19 when participating in sports, 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 or to different regions of the state to participate in sports activities is strongly discouraged. However, if people or teams are considering traveling to other regions or states to participate in sports, they should be aware of COVID-19 activity in that area to inform their decision. Additionally, the Governor's Executive Order recommends people quarantine and test upon return from out of state travel.

Face coverings are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations. For more information, visit [Requirement for Face Masks on Public Transportation Conveyances and at Transportation Hubs \(www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html\)](https://www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html) and [Protect Yourself & Others: Traveling \(www.health.state.mn.us/diseases/coronavirus/prevention.html#travel\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html#travel).

- ✓ For Minnesota:
 - [Situation Update for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/situation.html\)](https://www.health.state.mn.us/diseases/coronavirus/situation.html)
 - [Governor's COVID-19 Dashboard \(mn.gov/covid19/data/covid-dashboard/index.jsp\)](https://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)

Shared transportation (e.g., buses, vans)

- ✓ Those traveling on buses should have assigned and documented seating arrangements, remain at least 6 feet from the driver and the riders, and wear face coverings at all times.
- ✓ If the above precautions are followed:
 - Drivers would not be considered a close contact if they have been consistently spaced at least 6 feet away from all riders, including the ill person (with the exception of riders entering/exiting the bus).
 - Close contacts will only include those who are in the same row, two rows ahead, or two rows behind the positive person for 15 minutes or more over the course of the ride (or roundtrip, if applicable).
- ✓ If the above precautions are not followed, then the definition of close contacts is expanded to the entire bus if any of the following are true:

- Riders are not in their assigned seat (i.e., moving about the bus to socialize with others) for the entire ride (or roundtrip, if applicable); or
- There is no documentation or other ability to confirm seating assignments; or
- Riders were engaged in activities that involved removal of face coverings (e.g., eating and drinking).

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 in order to limit close contact?
- ✓ Consider whether practices 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.

Requirements and recommendations when a member of your team or organization has COVID-19

Requirements

- ✓ Each sports team or organization is required to develop its own quarantine and isolation strategies that meet the minimum requirements in this section. However, participants, coaches, and others affiliated with a sports team or organization must follow any specific requirements in the team or organization COVID-19 preparedness plan that are more restrictive than the requirements of this section.
 - For example, school-affiliated sports teams or organizations may be required by the school to base their strategies on the school's quarantine and isolation protocols, provided those protocols meet the minimum requirements below. In addition, teams or organizations may choose to follow the recommended quarantine option of 14 days in all situations or limit the use of the shortened quarantine options below.
- ✓ A COVID-19 coordinator, coach, or any other team official responsible for compliance with the team's COVID-19 preparedness plan who receives a report of a COVID-19 case must notify MDH by email at 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.
- ✓ Once you hear of a case on your team, the team or association COVID-19 contact or coach must review whether or not the person was infectious while with their teammates and whether or not an

exposure occurred. The COVID-19 contact or coach can consult with MDH or their affiliated association to discuss exposure assessment or any other concerns.

- 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) and [Close Contacts and Tracing: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/close.html\)](https://www.health.state.mn.us/diseases/coronavirus/close.html).
 - It is important to keep rosters of who was at practices and, when allowed, games each day so contact tracing can be done quickly.
 - Specific guidance relating to sports exposures is forthcoming.
- ✓ Follow isolation (When Positive for COVID-19 or Experiencing COVID-19 Symptoms) requirements.
 - People who have COVID-19 are not allowed to return to team activities for 10 days from symptom onset. You can find the most up to date information on isolation of people with COVID-19 at [If You Are Sick \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).
 - More information on what to do if you have a player who is symptomatic can be found at [Stay Safe Guidance for Schools, Colleges, and Universities \(staysafe.mn.gov/industry-guidance/schools.jsp\)](https://staysafe.mn.gov/industry-guidance/schools.jsp).
- ✓ Follow quarantine (When Exposed to COVID-19) requirements.
 - MDH and the CDC recommend a 14-day quarantine as the most protective option for people who have been exposed to COVID-19.
 - Teams and organizations may allow shortened quarantine periods (of either 10 or 7 days) as long as the exposed individual meets the criteria for shortened quarantine in the [Quarantine Guidance for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/quarguide.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf). Refer to additional recommendations below.

Recommendations

- ✓ **Additional recommendations for shortened quarantine:**
 - Teams and organizations that allow shortened quarantine periods should require the exposed participant to wear a face covering at all times, including during outdoor practice and play, until 14 days have passed since the exposure. However, face covering exemptions still apply.
 - For those who choose to return after meeting the requirements for seven-day quarantine (i.e., testing on days five through seven after exposure), test at least once within seven days after return to play.
 - For those who choose to return after meeting requirements for 10-day quarantine, test at least once on days 11 through 14 following exposure.

Team photography requirements and recommendations

- ✓ Follow requirements and consider recommendations in the COVID-19 Preparedness Plan Guidance: Requirements for All Businesses and Other Entities guidance on [Stay Safe Guidance for All Business Entities \(staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](https://staysafe.mn.gov/industry-guidance/all-businesses.jsp).

Sport-specific resources for return to play

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

- CDC considerations for youth sports (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)
- National Collegiate Athletics Association (NCAA): [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)
- Minnesota Amateur Sports Commission (www.mnsports.org/)
- Minnesota State High School League (www.mshsl.org)
- Minnesota Youth Athletic Services (myas.org)
- Baseball: [Minnesota Youth Athletic Services \(myas.org\)](https://myas.org)
- Basketball: [Minnesota Youth Athletic Services \(myas.org\)](https://myas.org)
- Golf: [USGA Guidance in Applying Golf's Rules and Posting Scores \(www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html\)](https://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html)
- Hockey: [USA Hockey Player Safety & Health \(www.usahockey.com/playersafety\)](https://www.usahockey.com/playersafety)
- Hockey: [Minnesota Ice Arena Managers Association COVID-19 Reference Page \(miama.org/members/covid-19-reference-page/\)](https://miama.org/members/covid-19-reference-page/)
- Hockey: [Minnesota Hockey \(www.minnesotahockey.org/\)](https://www.minnesotahockey.org/)
- Lacrosse: [US Lacrosse Return to Play \(www.uslacrosse.org/return-to-play\)](https://www.uslacrosse.org/return-to-play)
- Soccer: [USA Soccer Recommendations Guides \(www.ussoccer.com/playon/guides/phase-1-grassroots\)](https://www.ussoccer.com/playon/guides/phase-1-grassroots)
- Soccer: [Twin Cities Soccer League \(TCSL\) Soccer \(www.tcslsoccer.com/covid-19/\)](https://www.tcslsoccer.com/covid-19/)
- Soccer: [Minnesota Youth Soccer Association \(mnyouthsoccer.org\)](https://mnyouthsoccer.org)
- Swimming: [USA Swimming Coronavirus Resources \(www.usaswimming.org/utility/landing-pages/coronavirus\)](https://www.usaswimming.org/utility/landing-pages/coronavirus)
- Tennis: [USTA Tennis Playing Tennis Safely \(www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html\)](https://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html)

- Track and Field: [USA Track and Field USATF Coronavirus 2019 \(COVID-19\) Information Page \(www.usatf.org/covid19\)](http://www.usatf.org/covid19)
- Ultimate: [USA Ultimate Return to Play Guidance \(usultimate.org/wp-content/uploads/2020/10/ReturnToPlayGuidance-June2020.pdf\)](http://usultimate.org/wp-content/uploads/2020/10/ReturnToPlayGuidance-June2020.pdf)
- Volleyball: [USA Volleyball Return to Play \(usavolleyball.org/usa-volleyballs-covid-19-updates/\)](http://usavolleyball.org/usa-volleyballs-covid-19-updates/)
- Wrestling: [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)
- Wrestling: [USA Wrestling Return to the Mat Guidelines \(content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf\)](http://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf)



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