Frequently Asked Questions: Updated COVID-19 Guidance for Youth and Adult Sports

Can kids play sports?
Organized youth sports have been open since June 1 for teams to focus on individual development in smaller group settings. This guidance change recommends that all sports teams use the following timelines for resuming games and scrimmages: June 24 or later for outdoor games, and July 1 or later for indoor games. The Minnesota Department of Health recommends a slower phasing-in for games to allow additional time to phase back into full participation.

Can adults play sports?
While not recommended, adult sports have been able to have games since June 10. The Minnesota Department of Health recommends waiting until at least June 24 for the resumption of outdoor adult sports and at least July 1 for the resumption of indoor adult sports.

What are the rules for spectators?
Spectators should follow social distancing recommendations including the wearing of masks as well as maintaining at least 6 feet of physical distance from each other. Spectator capacity is determined by the applicable gathering and venue capacity limits.

Are professional sports allowed?
Professional sports are considered workplace settings and are subject to different guidance.

Can we travel to other states for games and tournaments?
While not prohibited, it is recommended to play regionally to reduce the risk of geographic spread.

Will high school sports be allowed to return this summer and fall?
While allowed per the Minnesota Department of Health guidance, high school sports also fall under the guidance and direction of the Minnesota High School League.

Are the number of participants at a practice limited?
There is a pod size limit of 25 people for practice settings, both inside and outside. Different athletic settings allow for multiple pods per setting. Intermixing between pods should still be kept to a minimum.
FAQ: UPDATED COVID-19 GUIDANCE FOR YOUTH AND ADULT SPORTS

How can we stay healthy when playing sports?
- Ensure policies are considerate of staff, volunteers, and participants at highest risk of complications from COVID-19.
- Adhere to social distancing recommendations.
- Maintain health checks and screening of participants and staff/volunteers.
- Stay home if you are sick!

What role do associations, organization and leagues play to help us play safely?
Many associations have sport-specific guidance that are intended to provide additional safety precautions for the respective sports. These associations have the best expertise that is specific to a given activity and continue to evolve their respective guidelines and policies.

What happens if there is a larger sports-specific outbreak?
It is possible that specific sports or leagues would have to discontinue playing until they can resume in a safe manner.

What will happen if my child or I have exposure to a player, coach, or staff member with COVID-19?
When a case of COVID-19 is reported to MDH, an interview is conducted to determine who that person was in close contact with while infectious. The people who were exposed will be called by health officials to discuss their exposure. A 14-day quarantine period may be recommended.

To whom does this guidance apply?
This guidance applies to all participants (athletes, coaches, staff, and volunteers) involved in organized youth and adult sports.

Does the recommended language mean we can play this weekend?
Yes, however we strongly encourage youth sports to wait and follow the recommended timelines. The timelines were developed by our public health experts to protect the health of our children and our communities, and to continue to slow the spread of COVID-19. We strongly encourage everyone to follow the recommendations.