

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

Can kids play sports?

Yes, however we strongly encourage youth sports to adhere to safety requirements and follow recommendations as closely as possible. This guidance was developed by public health experts to protect the health of our children and communities, and to continue to slow the spread of COVID-19.

Organized youth sports opened on June 1 for teams to focus on individual development in smaller group settings. Games and scrimmages resumed June 24 or later for outdoor games, and July 1 or later for indoor games. The Minnesota Department of Health (MDH) 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. MDH recommended 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?

Spectator capacity is determined by the applicable gathering and venue capacity limits. Spectators should maintain at least 6 feet of physical distance from members of other households.

As of July 25, 2020, people in Minnesota are required to wear a face covering in all public indoor spaces and businesses, per Executive Order 20-81. Additionally, workers are required to wear face coverings when working outdoors in situations where social distancing cannot be maintained. Face coverings are also recommended for outdoor settings when keeping 6 feet of distance is difficult—even if face coverings aren't otherwise required. The Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to a medical or mental health condition or other reason. The Executive Order also identifies situations in which a face covering may be temporarily removed.

Businesses and venues may choose to have more protective requirements than those in the Executive Order.

More information about face covering requirements and exemptions is available on the MDH website 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).

You can also visit [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) and [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)

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 locally to reduce the risk of geographic spread.

Will high school sports be allowed to return this summer and fall?

While allowed per the MDH 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. Minimize intermixing between pods.

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.
- Players, staff, and spectators must wear face coverings when required by Executive Order 20-81 (see resources above) and should wear face coverings whenever possible—even when not required.
- Conduct health checks and screening of participants and staff/volunteers.
- Stay home if you are sick!

What role do associations, organizations, and leagues have to help us play safely?

Many associations have sport-specific recommendations. 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 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.



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07/22/2020