

COVID-19 Youth and Adult Sports under Executive Order 20-103

12/16/2020

At this time, in accordance with Executive Order 20-103 (EO), all in-person organized youth and adult sports activities—including practices, workouts, games, tournaments, and competitions—are paused and not allowed during the period from Friday, Dec. 18, 2020, 11:59 p.m. through Sunday, Jan. 3, 2021 at 11:59 p.m. Youth sports will be allowed to resume in-person practices (no games or events) starting Jan. 4, 2021. Specific details and parameters regarding in-person practices on or after Jan. 4, will be outlined in future guidance.

Executive Order 20-103

EO requirements

The full Executive Order (EO) with all requirements can be found at [Executive Orders from Governor Walz \(https://mn.gov/governor/news/executiveorders.jsp\)](https://mn.gov/governor/news/executiveorders.jsp).

- ✓ Social gatherings limited. Social gatherings are groups of people, who are not members of the same household, congregated together for a common or coordinated social, community, or leisure purpose—even if social distancing can be maintained. Social gatherings are limited as described on [Social Gatherings \(https://staysafe.mn.gov/individuals-families/social-gatherings.jsp\)](https://staysafe.mn.gov/individuals-families/social-gatherings.jsp).
- ✓ Businesses and activities are affected differently. For a full listing of all business and activity requirements and limitations, see the full executive order at [Executive Orders from Governor Walz \(https://mn.gov/governor/news/executiveorders.jsp\)](https://mn.gov/governor/news/executiveorders.jsp) and applicable Preparedness Plan Requirements Guidance.
- ✓ Masks and face coverings required. Executive Order 20-81, requiring face coverings in certain settings, remains in full force and effect.
- ✓ At-risk people. All people currently living within the State of Minnesota who are at risk of severe illness from COVID-19, as defined by Executive Order 20-55, are strongly urged to stay at home or in their place of residence and follow the provisions of Executive Order 20-55.
- ✓ Work from home. All persons who can work from home must continue to do so.

EO requirements and Preparedness Plan Requirements Guidance for Youth and Adult Sports

For the period from Dec. 18, 11:59 p.m. through Jan. 3, 11:59 p.m., youth and adult sports are subject to the following provisions:

- ✓ All in-person organized youth and adult sports activities—including practices, group workouts, games, tournaments and competitions—are **not** allowed.
- ✓ Members of a single household may participate in physical activities alone or with one another but may not participate in physical activities with persons from other households. For example, members of a household may walk, run, sled, and cross-country ski alone or with other members of their household, but may not participate in those physical activities with members of another household.
- ✓ Youth and adults may participate in virtual practices, and engage in skills and fitness development, either alone or with other members of their household.

Youth sports will be allowed to resume in-person practices (no games or events) starting Jan. 4, 2021. Specific details and parameters regarding in-person practices on or after Jan. 4 will be outlined in future guidance.

Youth and adult sports FAQ

- ✓ We have an out-of-state tournament scheduled. Can we still go to that?
 - Under Executive Order 20-103 (EO), organized youth and adults sports organizations and programs must not have any in-person activities—including practices, group workouts, games, and tournaments until Jan. 4. In addition, the Executive Order strongly discourages Minnesotans from engaging in unnecessary travel, particularly to other states and countries. Traveling out of state to play in a game or tournament would constitute unnecessary travel. Lastly, the Executive Order strongly encourages Minnesotans returning to Minnesota after traveling to another state to self-quarantine according to [Considerations before Traveling \(www.health.state.mn.us/diseases/coronavirus/prevention.html#travel\)](http://www.health.state.mn.us/diseases/coronavirus/prevention.html#travel) and to limit their interactions to their immediate household. In other words, traveling out of state to play sports during this three-week pause is strongly discouraged and could further prolong the uncontrolled spread of the virus in our state, risking the ability of our businesses to reopen and our youth to resume sports within the state.
- ✓ Sports help me cope, what can I do to get through this dial back?
 - Physical activity is important to everyone’s physical, emotional, and mental health and this pause doesn’t prevent you from engaging in physical activities alone or with members of your household.
 - Consider these physical activities:
 - Participate in practices or individual skills and fitness development virtually.
 - Go outside for a run, walk, cross country ski or hike, climb stairs, run hills or; visit a local park.

- Offer to shovel a neighbor’s sidewalk or take the neighbor’s dog for a walk.
- Jog in place in your bedroom, build muscle strength through resistance training, engage in stretching exercises to improve your flexibility and balance.
- Try an exercise routine that you can do through a video game console, online video, or online streaming.
- Look for virtual exercise, meditation, strength training, aerobic and yoga classes.
- Explore resources to support your mental health in other ways, such as:
 - [Change to Chill: Virtual Fall Series \(https://www.changetochill.org/virtual-fall-series/\)](https://www.changetochill.org/virtual-fall-series/): This series is designed for both youth and adults who are coping with changing circumstances. Participants will learn new skills and tools to better balance their lives, change their perspectives, find focus, and care for themselves.
 - [NAMI HelpLine \(https://www.nami.org/help\)](https://www.nami.org/help): The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public. HelpLine staff and volunteers are experienced, well-trained, and able to provide guidance.
 - [Mental Health America: Take a Mental Health Test \(https://screening.mhanational.org/screening-tools\)](https://screening.mhanational.org/screening-tools): Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.
- ✓ What do we do if we find out we were exposed to a case while we were in practice/playing a game before the Executive Order?
- ✓ If a case of COVID-19 is reported to you, notify MDH Sports Team by email at health.sports.covid19@state.mn.us, also cc health.highered.covid19@state.mn.us. MDH will still 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/local public health (LPH) may ask for your assistance to determine the dates when the case was infectious, identify anyone who may have been exposed and notify them to quarantine, and collect contact information for those people.
 - In sports, the threshold for close contact is much lower than in social settings due to intensity of play, face-to-face or physical contact, and length of play. It may only take a brief face-to-face contact in sports to expose a player to COVID-19. In general, practices can be more controlled than games, so there may be fewer players who are exposed in practice than in a game. Contact MDH Sports Team for questions. See [When to Quarantine \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html\)](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html).
 - The infectious period starts two days before symptom onset, or two days before the case was tested if they had no symptoms.
 - Exposed people (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 [Contact Tracing COVID-19 \(www.health.state.mn.us/diseases/coronavirus/tracing.html\)](http://www.health.state.mn.us/diseases/coronavirus/tracing.html).
 - You can find more information on what contacts need to do at [Close Contacts and Tracing \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html).
 - People 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 have not heard from MDH or LPH and you still have concerns or need notification resources, please email us at health.sports.covid19@state.mn.us.



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Contact health.communications@state.mn.us to request an alternate format.