

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

4/24/2021

Executive Order 21-11 began Monday, March 15, 2021, at 12 p.m. (noon) and does not have an end date. The Stay Safe MN website may be updated with frequently asked questions about the Governor's Executive Orders and related industry guidance. These frequently asked questions may also include clarifications to the requirements and recommendations in Executive Orders and guidance. [Frequently Asked Questions about Stay Safe MN \(mn.gov/covid19/stay-safe/faq/index.jsp\)](https://mn.gov/covid19/stay-safe/faq/index.jsp) or [Stay Safe Guidance for Businesses and Organizations \(staysafe.mn.gov/industry-guidance/index.jsp\)](https://staysafe.mn.gov/industry-guidance/index.jsp) may have additional clarifications about requirements and recommendations.

Updates to this document include:

- ✓ Discussion of risk considerations (page 2), updated 4/22/21
- ✓ Updated face covering recommendations and requirements for outdoor and indoor sports (page 4), updated 4/24/21
- ✓ Clarified face covering requirements for spectators during practices and competitions (pages 7 and 8), updated 4/22/21
- ✓ Clarified isolation, quarantine, and for returning to play (page 14 - 16), updated 4/24/21

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 guidance in *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).

Decisions regarding sports and other activities in COVID-19-related Executive Orders and guidance take into account multiple considerations. These considerations include but are not limited to the factors that make an activity risky in terms of exposure to and spread of COVID-19; COVID-19 data and trends in

Minnesota, surrounding states, and nationwide; and the well-being and economic health of Minnesotans.

The decision to participate in sports does not mean engaging in sports is without risk. **Any time you gather 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 youth and adults 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.

- ✓ 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.
- ✓ Players, parents, and coaches should understand that social activities and gatherings outside of practices and games are sources of transmission among teams. Social activities indoors should be discouraged. Permitted social gatherings must follow the [Stay Safe in Social Gatherings \(staysafe.mn.gov/individuals-families/social-gatherings.jsp\)](https://staysafe.mn.gov/individuals-families/social-gatherings.jsp) guidance, including the requirement to maintain social distance between members of other households.

This guidance document outlines requirements and prevention strategies to reduce the spread of COVID-19 during sports activities. This document is intended for organizers and participants of all ages, in organized sports activities. Compliance with this guidance is necessary to reduce transmission of COVID-19 in sports practices and games.

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 \(mn.gov/governor/news/executiveorders.jsp\)](https://mn.gov/governor/news/executiveorders.jsp). An organization's COVID-19 preparedness plan must address the requirements listed below and should consider the recommendations 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 \(staysafe.mn.gov\)](https://staysafe.mn.gov).
 - 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 \(staysafe.mn.gov/industry-guidance/all-businesses.jsp\)](https://staysafe.mn.gov/industry-guidance/all-businesses.jsp).
- ✓ 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/association.
 - This person will report COVID-19 cases to MDH, and work with local public health, the Minnesota Department of Health, and school health professionals to ensure close contacts are quickly identified and that isolation and quarantine are followed, as well as prompt communication with parents and athletes.
- ✓ 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

- ✓ Maintain at least 6 feet between participants when they are not playing (e.g., on the bench, in the dugout, on the sideline, in locker rooms, attending team meetings, and other similar situations).
- ✓ Spectators in venues must maintain at least 6 feet between groups of no more than six people 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).
- ✓ It is strongly recommended that spectators remain at least 12 feet away from the closest participant. See below for additional spectator guidance and more detail on venue requirements if this distance is not maintained.

Follow guidance for the venue or event setting (e.g., gymnasiums, rinks, etc.)

- ✓ Do not exceed the number of people allowed in the venue or event setting. Facility and venue guidance, including occupancy limits, is available at [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp). For organized sport activities held in a venue, if 12 feet cannot be maintained between the participants in the game (athletes, coaches, student managers, timekeepers) 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.
 - For practices, spectators and participants all contribute to the total occupancy limit of the event space, regardless of spacing between spectators and participants.

- ✓ Additionally, follow guidance outlined in sections below for spectators at practices and games.
- ✓ 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.
- ✓ Encourage patrons to review a COVID-19 self-screening survey that asks about symptoms before entering the venue. See the Visitor and Employee Health Screening Checklist on [Businesses and Employers: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/businesses.html\)](http://www.health.state.mn.us/diseases/coronavirus/businesses.html).
- ✓ Consider limiting or not allowing concessions to minimize opportunities for crowding.
- ✓ Consider limiting the size of or not allowing 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 and recommendations

- ✓ Outdoor face covering requirements and recommendations
 - Requirement: Face coverings are required to be worn when sports participants are not actively practicing or playing. This includes when participants are on the sidelines, the dugout, or the bench. For example, athletes as well as coaches, referees, managers, and volunteers must all be masked when they are attending a practice or game and they are on the sidelines, the dugout, or the bench.
 - Recommendation: For participants that are actively practicing or playing, it is strongly recommended to either wear a face covering at all times (including while actively practicing or playing) **or** test all participants weekly for COVID-19.
- ✓ Indoor face covering requirements and recommendations
 - 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.
- ✓ 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).
- ✓ For further information on wearing face coverings during sports activities, please visit the [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/).
- ✓ 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 \(www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).
- ✓ 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).
- ✓ Wearing face coverings properly:
- Face coverings must be worn in accordance with MDH guidance and Executive Order 20-81.
 - For the best protection against COVID-19, a face covering must have at least two layers of tightly woven fabric, cover the nose and mouth completely and fit snugly against the face without gaps.
 - Types of face coverings can include a cloth mask, a neck gaiter, a scarf, a bandanna, or a religious face covering. CDC recommends using two layers of fabric when making a cloth face covering. Face coverings that are made of thinner single-layer fabric such as certain types of masks, scarves, neck gaiters, or bandannas may not be as effective for blocking droplets that

come out when speaking, coughing, or sneezing and should not be used unless there are no alternatives.

- Any masks that incorporate a valve that is designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow droplets to be released from the mask.
 - [Face Covering Requirements and Recommendations \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html)
- ✓ Exemptions from the face covering requirement:
- 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 \(www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html\)](http://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.
- ✓ Further information and background regarding the use of face coverings in sports, please visit [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.

Promote testing in sports participants

- ✓ Those participating in sports programs and activities are strongly recommended to test weekly, especially those in K-12.

- ✓ 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).

Promote a culture of honesty and health

- ✓ Create protocols to maintain health checks and screening of participants, staff, and 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 people can get a positive COVID-19 test even if they do not have symptoms.
- ✓ Recommend routine (weekly) testing of athletes, coaches, officials, and other participants, especially 72 hours prior to a game.

Requirements for holding 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 maintain at least 6 feet of social distancing between households and that spectators are complying with venue/facility guidance—including applicable capacity limits.
- ✓ 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), which generally require spectators to wear face coverings indoors and outdoors.

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 25 people indoors or 50 people outdoors per pod.
 - 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 practice recommendations

- ✓ Spectators at practices are strongly discouraged. If spectators must attend practices, consider limiting to one per participant.
- ✓ Host practices outdoors if possible.
 - Outdoors is safer than indoors.
 - If indoors, minimize the time spent indoors, as risk of transmission increases with the more time spent indoors. Consider keeping indoor practices to 30 minutes or less.
- ✓ Avoid using locker rooms and facility showers.
- ✓ Carpooling should be discouraged as much as possible.

Requirements for holding games, scrimmages, and competitions

Spectator requirements

- ✓ The total number of spectators at games must comply with the appropriate venue guidance and capacity limits (see “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.
- ✓ 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), which generally requires spectators to wear face coverings indoors and outdoors.

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).

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.
 - Sports activities may include the total number of participants, 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.
- ✓ During a cross country or track event:
 - The “course maximum”—meaning the number of people allowed on the course at one time is the total square footage of the course divided by 113.
 - 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.
 - Pod sizes cannot exceed 25 people indoors or 50 people outdoors per pod.

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

- ✓ 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 must minimize the time they spend in the venue or event setting.
 - 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 are considered spectators and must be counted toward the overall occupancy of the venue. They must also follow guidance requirements that apply to the venue or event (e.g., they must eat in designated seating areas, wear face coverings, be in an assigned seat as a spectator or some similar accommodation, etc.). The other option would be for the participants to get their food to-go.

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.

Requirements for outdoor recreational race events

Key information

- ✓ The guidance in this section is for outdoor organized recreational races or non-competitive similar events (e.g., running races, “fun runs” or walks, triathlons, bicycle races or rides, charity walks, or cross-country skiing events).
- ✓ This guidance is not applicable to motorized races. For these events, please use the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).
 - Unless this section imposes a different or additional requirement, any organized race event must also follow the requirements in other sections of this guidance document.
 - Spectators are allowed at race events that are held in a defined venue. Any such events must follow the requirements of the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp) regarding limits on the number of spectators allowed and the steps that must be taken to protect the health and safety of spectators and workers or volunteers. The person or entity responsible for organizing the race must incorporate applicable requirements from both this guidance document and the Stay Safe Guidance for Entertainment and Meeting Venues 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 contact-less methods. Any racing equipment, promotional products or handouts, bibs, etc. should be mailed to participants prior to race day.
- ✓ **Participant, employee, and volunteer 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 people allowed on the course at any time is 250 participants or the total square footage of the course divided by 113, whichever is less. 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.
 - The design of the course must ensure 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).
 - Example calculation for determining number of participants on a course:
 - It takes 28,250 square feet of space to socially distance 250 people ($250 \times 113\text{sq. ft.}$).
 - Using an 18-foot wide course it would take approximately 1600 feet of course to provide enough space to socially distance 250 people ($28,250 \text{ sq. feet} \div 18 \text{ feet} = 1569 \text{ feet} \approx 1600 \text{ feet}$).
 - 1 mile = 5280 feet ($5280 \div 1600 = 3.3$ or $\approx 1/3$).
 - 1600 feet $\approx 1/3$ of a mile.
 - It would take approximately 1/3rd of a mile to socially distance 250 people on an 18-foot wide course.
 - “Point to point” courses, where the start and finish areas are distinct from one another are preferred to discourage crowds and naturally spread out potential spectators.
 - 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 people indoors or 50 outdoors, and socially distanced (meaning, 6 feet of distance is maintained between people from different households) within the pods.
 - Each pod must be 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.

- ✓ **Social distancing measures.** Participants must maintain at least 6 feet of 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. Face coverings. Face coverings must be worn by all people at all times in the start and finish line areas, and while in their participant pod (if applicable). Face coverings may be removed by participants while on the race course as long as social distancing can be maintained.
- ✓ **Communication and signage.** The event organizer should strongly promote the importance of social distancing and personal responsibility to all participants, volunteers, and staff as part of the event's regular communication strategy (both pre-event and during the event). In event venue areas (particularly areas not enclosed), the event should post prominent signage throughout the area that informs participants of the following:
 - Not to enter if they are experiencing symptoms of COVID-19.
 - Hygiene, face covering and social distancing requirements and instructions.
 - Applicable venue attendance limits and instruction to avoid clustering.
- ✓ **Spectators.** Race courses should be designed to eliminate the potential of spectators if organizers cannot ensure the venue requirements (including spectator capacity) will be followed at all times.
 - Secluded courses (roads or trails/parks in areas with low foot and road traffic congestion) are preferred to discourage attracting crowds.
 - Social gathering limits for social distancing apply when races occur in public roadways, trails, and other areas that are not a defined and controlled venue.
 - Organizers must take steps to discourage and limit spectator gatherings in key high traffic areas (e.g., posting signage, monitoring and disbanding unauthorized spectator areas, etc.). Organizers are responsible for unauthorized gathering of spectators around the race course if they do not take reasonable steps to prevent these gatherings.
 - Organizers may not set up seating or gathering areas, or otherwise encourage the gathering of spectators without following the [Stay Safe Guidance for Entertainment and Meeting Venues \(staysafe.mn.gov/industry-guidance/entertainment.jsp\)](https://staysafe.mn.gov/industry-guidance/entertainment.jsp).

- 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 occupancy limits and all other requirements outlined 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).
- ✓ **Vendors and attractions.** 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.
- ✓ **Transportation.** If providing or organizing transportation associated with the race, race organizers must also consider limitations and all other requirements outlined .
- ✓ **Event policies.** The event may apply additional, lawful policies that are more stringent than required by this or other guidance or executive orders at its discretion.

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. **Masks 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 the travel information found on [Protect Yourself & Others: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/prevention.html#travel\)](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 or 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). See 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 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 \(www.mnsports.org/\)](https://www.mnsports.org/)
- [Minnesota State High School League \(www.mshsl.org\)](https://www.mshsl.org)
- [USA Wrestling COVID-19 Update \(www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section\)](https://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 \(www.usahockey.com/playersafety\)](https://www.usahockey.com/playersafety)
- [Minnesota Ice Arena Managers Association COVID-19 Reference Page \(miama.org/members/covid-19-reference-page/\)](https://miama.org/members/covid-19-reference-page/)
- [Minnesota Hockey \(www.minnesotahockey.org\)](https://www.minnesotahockey.org)
- [US Lacrosse: Return-to-Play Recommendations for Lacrosse \(www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf\)](https://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 \(usultimate.org/wp-content/uploads/2020/10/ReturnToPlayGuidance-June2020.pdf\)](http://usultimate.org/wp-content/uploads/2020/10/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)

COVID-19 SPORTS PRACTICE GUIDANCE FOR YOUTH AND ADULTS

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