

COVID-19 Sports Guidance for Youth and Adults

Requirements for holding games, scrimmages, and practices

- ✓ Capacity requirements. ○ for youth and adult organized sports, pod sizes for non-game activities (training, practicing) cannot exceed 25 people per pod, either inside and outside. Pod count is composed of players and coaches.
- Games (played indoors or outdoors) can have the total number of players, coaches, referees, umpires, etc. as needed to hold the game just as long as the total number of people is not exceeding the total number allowed by the venue or facility (check capacity limits).
- ✓ If necessary, for spectators to be at practices, ensure that six-foot social distancing between households is being adhered to and venue/facility guidance is being followed.
- ✓ Games, scrimmages, or practices in an outdoor public area are subject to the social gathering limit. The current social gathering size limit in outdoor public settings is 25 and applies to activities not being held in a facility or other type of venue. This capacity of 25 includes players, coaches, spectators, etc.
- ✓ Select an appropriate venue for your competition.
- Adhere to social distancing requirements. ▪ Maintain 6 feet between participants when they are not playing (on the bench, in the dugout, on the sideline, etc.).
- Maintain social distancing of 6 feet from other households during drop off/pick up of players.
- ✓ Follow face covering requirements.
- As of July 25, 2020, per the Governor's Executive Order, people in Minnesota will be required to wear a face covering in all public indoor spaces and indoor businesses. ▪ This Executive Order includes exemptions for people who are unable to wear or tolerate a face covering due to medical or other reasons. There are also situations in which a face covering may be temporarily removed or where face coverings are not required. For example, a person may temporarily remove their face covering when participating as an athlete in an organized sport in an indoor business or public indoor space while the level of exertion makes it difficult to wear a face covering.
- Face coverings are strongly encouraged, but not required, when participating as an athlete in an indoor or outdoor organized sport, to the extent possible when social distancing is not being maintained.
- ✓ Minimize sharing of objects. ▪ Do not share individual water bottles, community snacks, or towels.

For more information: Stay Safe MN website

<https://staysafe.mn.gov/>

<https://www.health.state.mn.us/diseases/coronavirus/sick.html>