



BEFORE PARTICIPATION COACHES WILL

- Confirm player does not have cough shortness of breath, lack of smell/taste or have unusual tiredness
- Ensure players have completed “At-home symptom check”
- Record daily attendance and maintain a record of who is at practice over the course of the season
- Players with elevated temperature (over 100.4) or any symptoms must refrain from participation, self-quarantine and wait 72 hours to see if symptoms resolve. If symptoms have not resolved, they are suggested to follow up with primary care providers. If after 72 hours they are symptom-free, they may return to participation
- Masks/face covering must be worn in the locker room and on buses
- Masks/face covering must be worn in any classroom setting.

DURING PARTICIPATION IN PRACTICE OR CONTEST

- Masks/face covering do not need to be worn by those actively participating in the activity, per [MDH Youth Sports Guidance](#)
- Masks/face covering must be worn by participants not actively involved in the activity. Example: on the bench or on the sideline
- Masks/face covering must be worn by all spectators to abide by the Governor of Minnesota’s mask mandate. Unless outside and are socially distanced
- Coaches should wear face masks, unless engaged in strenuous exercise
- Players must bring their own water bottle and refrain from using drinking fountains or sharing with others
- During practice coaches should adhere to the guidelines given by the MDH Youth Sports

AFTER PARTICIPATION IN PRACTICE OR CONTEST

- Masks/face covering must be worn in the locker room and on buses
- Coaches will be responsible for sanitizing equipment and gear for their sport
- All athletes' clothes must be taken home for cleaning.
- Showers must be taken at home.

COVID TESTING PROTOCOLS

If a player or coach tests positive for COVID-19 or if they develop symptoms (including early or mild) they should be in isolation until:

- IF COVID-19 TESTED – Must be symptom free after 14-day quarantine.
- IF NOT COVID-19 TESTED – No fever for at least 72 hours (without medicine that reduces fevers) AND other symptoms are gone

BOTH tested and Non-Tested Individuals MUST:

- Notify their coach AND the Activities Director immediately so that others that have been in contact with the individual may be notified

If a player or coach has known close contact (within 6 feet for 15 minutes or more) with someone who has tested positive for COVID-19, they are recommended to self-quarantine for 14 days to monitor for the development of symptoms. Additionally, their coach and AD should be notified.

AT HOME SYMPTOM CHECK

- Does the player have a cough?
- Does the player have any shortness of breath?
- Does the player have a lack of smell/taste?
- Does the player have unusual tiredness? (Unrelated to activity)
- Does the player have muscle soreness? (Unrelated to activity)