



Education and Leadership for a Lifetime

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**COVID-19 NOTICE
PLEASE READ CAREFULLY**

In accordance with governmental directives, the MSHSL will offer certain activities subject to compliance with local, state, and federal laws, regulations, and guidelines. The Minnesota Department of Health, Minnesota Department of Education and the MSHSL have developed guidance and requirements related to youth sports, use of school facilities and modifications of MSHSL activities designed to keep participants safe and reduce the spread of COVID-19. Even with these measures, the MSHSL cannot guarantee that students or other individuals participating in organized athletic activities ("Participants") will not be exposed to COVID-19. Participants and their parents/legal guardians should consider the risks

before participating in any MSHSL activities. It is a shared responsibility to protect everyone from COVID-19 and Participants should follow MDH/CDC guidelines to reduce the risk of exposure, including but not limited to the following:

- Stay home as much as possible;
- Stay at least 6 feet from other people if you are in public places;
- Avoid close contact with people who are sick;
- Wash your hands often, with soap and water. Wash for at least 20 seconds;
- Always wash your hands after being in a public place;
- Always wash your hands after blowing your nose, coughing, or sneezing;
- If soap and water are not available, use hand sanitizer that is at least 60% alcohol;
- Cover your mouth and nose when you cough or sneeze. Cough or sneeze into your elbow or a tissue. Throw used tissues in the trash;
- Wear face coverings/masks that cover your nose and mouth and fit snugly against the sides of your face.

In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student participants, it is imperative that students and families know and understand the following:

1. Participating in MSHSL activities is **voluntary**.
2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID-19 must be followed.
3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Additional information regarding Activity Participation and COVID can be found at:

- health.state.mn.us/diseases/coronavirus/sportsguide.pdf,
- health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf
- www.mshsl.org
- www.nfhs.org

General COVID Safety:

1. Educate athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC's "Coronavirus Self-Checker" or current MDH recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).
5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so players have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per player.
6. Avoid grouping of athletes at start and end of practice or during transitions Staggered start times for practices and team meetings are recommended, when possible and when field space does not allow players to come and go from separate areas.
7. Workouts should be conducted in "pods" – following current MDH Return-to-Play guidelines. Pods are small groups of students always working out together. This will ensure limited exposure if someone develops an infection.
8. Whenever possible, players should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. Coaches should provide direction to their students regarding social distancing and other safety protocols.
10. Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.
11. When spectators are allowed at outside events, they should not have access to student athletes during the competition. Social distancing should be practiced throughout the entire event and spectators may connect with participants following the completion of the event.

MSHSL Football Guidance and Information

Practice	
Required:	<ul style="list-style-type: none"> Hand sanitizer should be available for each student-athlete and used as often as possible. Masks or gaiters are required for coaches and school personnel during practice. Err on the side of safety whenever possible.
Recommendations and Considerations:	<ul style="list-style-type: none"> Recommended that all activities occur outdoors
Equipment	
Required:	<ul style="list-style-type: none"> Football should be sanitized before and/or after each practice, whether self-provided or brought by the coach. <ul style="list-style-type: none"> Spalding Football Cleaning Recommendations: https://nfhs.org/media/4029991/spalding-ball-cleaning-7-7-20-revised.pdf All students shall bring their own water bottle. Water bottles must not be shared. Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.
Recommendations and Considerations	<ul style="list-style-type: none"> There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout. Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
Football Practice Restrictions	
<p>School activities administrators along with coaches should determine where their teams are at on the daily acclimatization progression to begin Monday, September 28</p> <p>Four pods of 25 athletes per regulation football field. Definitions for Football Pre-Season Practice/Heat Acclimatization Policy</p>	
Days 1–3	“Contact Practices” are not allowed.
Day 1:	Helmets only
Day 2:	Shoulder pads may be worn for up to 1 hour of practice time
Days 3 - 5:	Full Pads allowed – No Thud or Live Action
Days 6 & 7:	(Exception for 2020: Teaching practice is allowed on Day 6 only– helmets only, no pads, no contact, no conditioning)
Days 8–10:	No restrictions on what equipment can be worn.
<u>Day 11 (day prior to game):</u>	<ul style="list-style-type: none"> Contact practices are not allowed.
Day 12:	Exception for 2020: first day on which a game at any level may be played

Competition	
General	
Recommendations and Considerations:	<ul style="list-style-type: none"> • Before, during and after the contest, players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands as often as possible. • Maintain social distancing of 6 feet at all times while on the sidelines and on the field of play when possible. • Gloves are permissible for all coaches and team staff and for all game administration officials. • Try and limit the number of non-essential personnel who are on the field level throughout the contest.
Masks/Face Coverings	
Required:	<ul style="list-style-type: none"> • Coaches must wear masks at all times. • Game participants, including student-athletes, officials and personnel, must wear masks <u>if they cannot socially distance</u> at 6 feet from others, unless actively participating in the game. This includes coming and going from the facility, and on the sideline during the game. • If a student-athlete needs to recover after coming off the field and before putting on mask, the player should stand 12 feet away from others.
Recommendations and Considerations:	<ul style="list-style-type: none"> • All participants are strongly encouraged to wear masks during the Pregame Conference. • All participants, including student-athletes, coaches, officials and personnel, are strongly encouraged to wear masks when arriving and leaving the site. • All participants, including student-athletes, coaches, officials and personnel, are strongly encouraged to wear masks on the sideline. If coaches need to remove a mask to give instructions to a player across the field, they need to be away from other sideline personnel and players. • On field, masks are permissible for players and officials, but not required. • Note: Gaiters can also be used in place of masks.
Equipment	
Required:	<ul style="list-style-type: none"> • The ball should be cleaned and sanitized throughout the contest as recommended by the ball manufacturer. (Rule 1-3-2) <ul style="list-style-type: none"> • Spalding Football Cleaning Recommendations: https://nfhs.org/media/4029991/spalding-ball-cleaning-7-7-20-revised.pdf • Cloth face coverings are permissible. Plastic shields covering the entire face (unless integrated into the face mask and attached to the helmet and clear without the presence of any tint) shall NOT be allowed during the contest. (Rules 1-5-1a, 1-5-3c(4)) • All students shall bring their own water bottle. Water bottles must not be shared. • Hydration stations (water cows, water trough, water fountains, etc.) should not be utilized.

<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Tooth and mouth protector: **Still being determined at this time on how to best handle the tooth and mouth protector during the contest. The NFHS SMAC will update the membership as soon as guidance is developed for all sports that require a tooth and mouth protector. (Rule 1-5-1d(5)) • Gloves are permissible but still must comply with Rule 1-5-2b by meeting either the NOCSAE Standard or the SFIA Specification. (Rule 1-5-2b) • There should be no shared athletic equipment (towels, clothing, shoes, or sports specific equipment) between students. • Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout. • Individual drills requiring the use of athletic equipment are permissible, but the equipment should be cleaned prior to use by the next individual.
<p>Site Set Up</p>	
<p>Required:</p>	<ul style="list-style-type: none"> • Team Benches - Bench personnel should observe social distancing of 6 feet. Recommend to place tape or other marks 6 feet apart on the bench.
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • The team box may be extended on both sides of the field to the 10-yard lines (for players only) in order for more social-distancing space for the teams. (Rule 1-2-3g) • If available, dressing facilities for game officials and teams should be large enough for them to use social-distancing protocols and should be properly cleaned and sanitized prior to their arrival.
<p>Pre-competition</p>	
<p>Required:</p>	<ul style="list-style-type: none"> • Suspend pregame protocol of shaking hands during introductions.
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Team huddles should be avoided (pregame and throughout competition). • If teams are arriving for the second game of a double-header, they should not enter the venue until the previous teams have left the venue.
<p>Competition</p>	
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Maintain social distancing of 6 feet at all times while in the team box. (Rule 1-2-3g) • Do not share uniforms, towels and other apparel and equipment. (Rule 1-2-3g) • The ball holders should maintain social distancing of 6 feet at all times during the contest. (Rule (1-3-2) • Intermission between periods and after scoring: The intermission may be extended to a maximum of two minutes between the first and second and the third and fourth periods and following a try, successful field goal or safety, and prior to the succeeding free kick. (Rule 3-5-7I)