



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Tennis, Girls

Note that the resumption of all activities and athletics are subject to change based on the most current information, directives from state government and health department officials, and member school feedback.

Tennis, Girls:

Start date: August 17

First competition date: August 24

Last date of regular season competition: October 3

End date: October 17

Total weeks including postseason: 9

Maximum number of contests: 11

Maximum number of contests per week: 2

Dual Meets only (No invites or tournaments)

Opponents: Conference, Section, local teams only

- All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health's Guidance on Youth Sports, and must include the required actions identified in the Governor's Executive Orders.
- The first week of practice should focus on implementing effective protocols and routines for pre-participation screenings, effective social distancing, compliance with all health recommendations, establishment of pod limits of 25 or less, and additional actions that mitigate the spread of disease and enhance safety of students and coaches.
- Athletic programs must follow the identified protocols for students or coaches who have tested positive, are experiencing symptoms consistent with a COVID-19 diagnosis or have had exposure to an individual who has been diagnosed with COVID-19.
- For schools that are required by localized metrics to be in a distance learning mode, practices are limited to virtual contact only.
- Interscholastic scrimmages will not be allowed.
- No captain's practices should be held.
- Competitions with opponents from bordering states are allowed when less than 50 miles one way and when determined as local. Competitions of greater distances may be approved by the MSHSL with supporting rationale. Any out of state competition must follow MSHSL guidelines for competition types.
- Sportsmanship should have a constant presence in all school-based athletics.
 - Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.
 - Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or player violate the required physical distance with an official. Any coach or player verbally interacts with an official must do so with a mask on and at a safe distance.



**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 Tennis Guidance and Information

Practice	
Required:	<ul style="list-style-type: none"> Pods shall not exceed 25
Recommendations and Considerations:	<ul style="list-style-type: none"> All athletic equipment should be cleaned intermittently during practices and contests. Hand sanitizer should be used by participants and coaches as they enter and leave practice. Sweat should not be wiped with the tennis ball.
Equipment	
Required:	<ul style="list-style-type: none"> Uniforms may not be shared or exchanged and must be school issued. Uniforms do not need to match.
Recommendations and Considerations:	<ul style="list-style-type: none"> Clean frequently touched objects and areas and provide ample hand sanitizer for athletes and coaches.
Competition	
Masks/Face Coverings	
Required:	<p>Indoor Courts</p> <ul style="list-style-type: none"> Student-athletes and coaches must wear face masks at all time when not actively participating in the contest. <p>Outdoor Courts</p> <ul style="list-style-type: none"> Coaches must wear a mask when conversing with student-athletes and when social distancing is not possible. Student-athletes must wear a mask when social distancing is not possible.
Recommendations and Considerations:	
Site Set Up	
Required:	<ul style="list-style-type: none"> No competitor chairs will be allowed on the court. Spectators are not allowed inside of the fence or on the courts and surrounding court surface. Benches and or bleachers may not be utilized by student-athletes, coaches, or spectators inside the fenced-in court space. Visiting student-athletes are considered essential and may be given access to school restrooms. However, this availability may be limited.

Recommendations and Considerations:	<ul style="list-style-type: none"> Remove all bleachers and benches inside the fenced in court area.
Pre-competition	
Required:	<ul style="list-style-type: none"> Student-athletes must use hand sanitizer prior to entering the court and when exiting. Student-athletes bags/gear must be 3' from the net post to maintain social distancing. Pre-match instructions will be provided by the home court coach. Student-athletes will be spaced, following social distancing guidelines, along the opposite baseline while instructions are provided. Team huddles shall not take place prior to play unless students and coaches are wearing masks.
Recommendations and Considerations:	
Competition	
Required:	<ul style="list-style-type: none"> Outdoor and indoor courts may all be utilized at full competition capacity if spectators are kept outside of the competition court area. Spectators are only allowed indoors per facility capacity kept at 25% and if kept outside of the competition area. JV and Varsity events may take place at the same venue or at separate venues. When the venue is shared, participation limits are set at 12 Varsity students and 12 JV students. When separate venues are utilized, participation limits are set at 15 varsity and 24 JV students. Maintain social distancing during play. Avoid fist bumps or handshakes prior to or following the contest. Home team will update the score. Coaches shall wear face coverings when communicating with competitors during breaks in the match as well as off court. When switching sides, student-athletes will go directly to their bag and should not cross paths with their opponent. Switch courtsides on opposite sides of the court. When returning balls to an adjacent court, players should use their racquet only. Student-athletes will not touch the ball with their hands. Each team is responsible for its own hand sanitizer and its own medical kit. Student-athletes may not wipe their sweat with the tennis ball.

<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • When playing doubles, coordinate with your partner to maintain physical distancing. • Avoid touching your face after handling a ball, racquet, or other equipment. Wash your hands promptly or use hand sanitizer if you have touched your eyes, nose, or mouth. • Food, drinks, or towels should not be shared. • Maintain physical distancing when changing ends of the court. • Remain apart from other student-athletes when taking a break.
<p>Post Competition</p>	
<p>Required:</p>	
<p>Recommendations and Considerations:</p>	<ul style="list-style-type: none"> • Leave the court as soon as reasonably possible. • Wash your hands thoroughly or use a hand sanitizer after coming off the court. • Do not use the locker room or changing area. Shower at home. • No extra-curricular or social activity should take place. No congregation after playing. • All student-athletes should leave the facility immediately after the team has completed play. • At the conclusion of the match, the scoring device must be sanitized before it can be used for the next match.