



2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

Mask/Face Covering Guidance and Information

The Minnesota Department of Health (MDH) has established requirements for the wearing of masks/face coverings. This guidance is found in [COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults](#). The Minnesota State High School League (MSHSL) has developed this guidance document for member schools, administrators, coaches and students to clarify MDH's information regarding the mask/face covering requirements. All other individuals who attend a practice or competition are required to follow these requirements for wearing of masks/face coverings.

Outdoor Masks/Face Coverings for Student-Athletes:

Not Required:

- Masks/face coverings **are not required** for student-athletes, coaches, officials or spectators in outdoor contests and practices.

Recommended:

- Masks/face coverings are recommended for participants who are not actively participating.

Indoor Masks/Face Coverings for Student-Athletes:

Required:

- Masks/face coverings are required in any sports practices or competitions that are held indoors. Current MSHSL spring sports which are held indoors include badminton, adapted softball and adapted bowling.
- Masks/face coverings are required for any outdoor sports when practicing or competing indoors.

Not Required:

- Wrestling - During wrestling contact with another individual, a mask or face covering may become a choking or visual hazard and it may be removed. However, student athletes must wear a mask/face covering at all other times.
- Gymnastics and Cheerleading - During activities such as tumbling, stunting, flying, or using a certain apparatus where a mask or face covering may become a choking or visual hazard, or could get caught on other participants or objects, the mask or face covering may be removed. However, student athletes must wear a mask/face covering at all other times.
- Swimming and Diving - During swimming and diving activities when the student athlete is in the pool or on the diving board the mask or face covering may be removed. However, student athletes must wear a mask/face covering at all other times.

*Masks should be worn to the greatest extent possible for these sports.

Masks/face coverings for other game and contest personnel:

Required:

- Coaches must wear masks/face-coverings at all times at indoor events, contests and practices.
- Officials must wear masks/face-coverings at all times at indoor contests.
- Spectators at indoor events must wear masks/face coverings.

Appropriate Mask/Face Coverings

The MDH and MSHSL have approved the following mask/face coverings: paper or disposable mask/face coverings, cloth mask/face coverings, or neck gaiters.

- The Centers for Disease Control (CDC) recommends using two layers of fabric when making a cloth mask/face covering. Mask/face coverings that are made of thinner single-layer fabric 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.
- A mask/face covering must cover the nose and mouth completely. The covering should not be overly tight or restrictive and should feel comfortable to wear.
- Any mask/face coverings that incorporate a valve that is designed to facilitate easy exhaling, mesh mask/face coverings, or mask/face coverings 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.
- [Mask/Face Covering Requirements and Recommendations under Executive Order 20-81](#)

Mask Design and Logo Requirements

- Mask/face coverings may be any color and may be solid. Mask/face coverings for all team members do not need to match.
- The school name, school mascot or school logo may be present on the mask.
- A manufacturer's logo, if present can be no more than 2 ¼ inches square with no dimension more than 2 ¼ inches.

Mask Exemptions

Per the requirements of the MDH's [COVID-19 Sports Practice Guidance for Youth and Adults](#), people who have medical or other health conditions, disabilities or mental health, developmental, or behavioral needs that make it difficult to tolerate wearing a mask/face covering may be exempt from wearing a mask/face covering.

Those individuals seeking a mask/face covering exemption must obtain a written, medical exemption from a licensed medical professional who is registered, licensed, certified, or otherwise statutorily (MN Statute Chapters 147 & 148) authorized by the state to provide medical treatment and is practicing within the person's medical training and scope of practice.

The written, medical exemption must be provided to the school's Activities Administrator or another school administrator. Activities administrators should keep mask exemption documentation on file at the school. Coaches should have a list of those student-athletes who have exemptions.

This guidance document will be updated as new information becomes available.