



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Speech

Guidance and information is subject to change based on the most current information, directives from state government and health department officials and member school feedback.

Speech

- Start date: NA
- First competition date: NA
- Last date of regular season competition: NA
- First date of post-season contests: TBD
- Season end date: NA
- Total weeks including postseason: NA
- Maximum number of regular season contests: NA
- Maximum number of contests per week: 2
- Duals or triangulars only for in-person competition
- In-person opponents: Conference, Section, Regional or local teams as defined by the school.
- In-person 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, in-person competition must follow MSHSL guidelines for competition types.

Speech Guidance and Information

General MSHSL Activity Guidelines

<p>Required</p>	<ul style="list-style-type: none"> • All students must be provided with a copy of the MSHSL COVID-19 Notice. • Activity 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 (close contact with) an individual who has been diagnosed with COVID-19. • Educate students about mask use, physical distancing, handwashing and sanitizer use, and other immune system protocols. • Any person who has had a fever or cold symptoms in the previous 24 hours must not be allowed to take part in in-person practice and competition and should contact his or her primary care provider or other appropriate healthcare professional. • Pods must be no larger than 25. <ul style="list-style-type: none"> ○ Pods include student participants ○ Coaches do not need to be included in the pod count of 25 if they remain physically distanced and masked. ○ Pods are small groups of students always practicing and meeting together. This will ensure limited exposure if someone develops an infection. • Activities directors and coaches are responsible for assuring that their teams maintain physical distancing, masking and other requirements.
<p>Recommendations and Considerations</p>	<ul style="list-style-type: none"> • Social activities and congregation of students outside of practice and contests should not take place. • Carpooling of students is discouraged. If it is necessary for students to carpool, masks are encouraged. • Sportsmanship should have a constant presence in all school-based activity programs. • 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 judges with questions. At no time, should a coach or student violate the required physical distance with a judge.
<h3>Locker Room/Changing Room Use</h3>	
<ul style="list-style-type: none"> • Whenever possible it is recommended that locker/changing rooms not be used. • If locker/changing rooms are to be used: <ul style="list-style-type: none"> ○ Students must only enter the room with their designated pod. ○ The room must be completely empty prior to it being utilized by a new pod. ○ Students must maintain social distancing of 6 feet. 	

- Students must wear an appropriate mask/face covering.
- If the room is not large enough to provide appropriate social distancing of 6 feet for the entire pod, then the pod must be divided into smaller groups that allow proper social distancing.
- The room must be sanitized after the complete pod has exited.
- If students are in distance learning they should arrive at the venue dressed ready for competition.

Masks/Face Coverings

Required

- Face coverings must be worn by all persons at all times for in-person practice.
- The following are considered appropriate mask/face coverings— paper or disposable masks, cloth masks, or neck gaiters. Face coverings should fully cover the mouth and nose.
- For in-person competition, Executive Order 20-81 allows the temporary removal of face coverings when testifying, speaking, or performing ... provided that social distancing is always maintained.
- For in-person gatherings for virtual competition (a team gathering at their own school to be together while individually participating in virtual competition), Executive Order 20-81 allows the temporary removal of face coverings when testifying, speaking, or performing ... provided that social distancing is always maintained.

Recommendations and Considerations

- Executive Order 20-81 recommends that face shields be considered as an alternative in speaking and performing situations when face coverings/masks are removed.

Practice

In-Person Practice: Preparation

Required

- Students, coaches, and team personnel must confirm that they are symptom free. These confirmations must be aligned with the CDC’s “Coronavirus Self-Checker” or current recommendations.
- A record must be kept of all students and team personnel at each in-person practice session or meeting to allow for contact tracing.
- Avoid grouping of students at start and end of practice or during transitions. Stagger start times for practices and team meetings.
- Pods must either practice in physically separate rooms, facilities or areas, or steps must be taken to separate pods by no less than 12 feet at all times.
- Frequently touched objects and areas must be cleaned and sanitized frequently.
- Cleaning and sanitization of spaces and equipment must take place between use by pods.
- Provide hand sanitizer in easy-to-access areas including entrances and exits.
- Drinking fountains must not be utilized.
- Sharing of water bottles is not allowed.

	<ul style="list-style-type: none"> • Spectators are not allowed at practices.
Recommendations and Considerations	<ul style="list-style-type: none"> • In-person gatherings should start with practices that allow students to maintain social distance from members of other households for the first week or two of practice. • Cleaning and sanitization of spaces and equipment should be completed frequently. • No social activity or congregation of students should take place. • Students should provide their own pre-filled, labeled water bottles. • Smaller pods should be created for practice sessions whenever possible. • Consider practice in large venues or outdoor practice when feasible.
In-Person Practice	
Required	<ul style="list-style-type: none"> • Students and coaches must wash hands thoroughly or use a hand sanitizer at the beginning and end of practice. • Clean frequently touched objects and areas, including desks, podiums, and shared stopwatches. • Students must maintain the recommended six feet of distancing between individuals and must not be in contact with each other. • Cleaning and sanitization of spaces and equipment must take place between pods using the same space. • At the conclusion of practice, students must leave the venue as soon as possible.
In-Person Competition	
In-Person Competition: Site Set Up	
Required	<ul style="list-style-type: none"> • Seating for students and judges must be physically distanced. • No common gathering areas for multiple teams (for example, do not have all teams in the cafeteria). • Seating for judges and coaches for any in-person meetings or check-in must be physically distanced. • The event must be limited to essential personnel. Social distancing must be adhered to by all personnel and masks/face coverings must always be worn. • Essential personnel are defined by the host school. • Evaluate the needs of event personnel and reduce the number whenever possible. • Team seating areas must be isolated from spectators (if allowed) or other non-essential personnel. Team seating areas must be only available to members of that specific team, and not a shared/common space. • Competitive pods (Varsity, JV) may remain at the site for their school's competitions. Masks must be worn and social distancing must be maintained. • Plans to control entry and exit of all participants must be developed and

	communicated.
In-Person Competition: Pre-Contest	
Required	<ul style="list-style-type: none"> • A record must be kept of all participants at each contest. • Students, coaches and other team personnel must be screened daily. Each team is responsible for their own screening. • The home team must communicate information to the visiting team ahead of time. This includes entrance information, areas to store items etc.
Recommendations and Considerations	<ul style="list-style-type: none"> • Additional signage may be necessary to identify restricted spectator areas. <u>See Signage for Facilities and Events.</u> • Multiple Tris or Duals may occur during a single day at a single site, with complete sanitization between sessions. All participants competing on that day can be scored against each other with the same judges. • Pre-event meetings should be limited to essential, last-minute information only. Information should be communicated to coaches and judges prior to the event.
In-Person Competition: Contest	
Required	<ul style="list-style-type: none"> • No handshakes, hugging, fist bumps. • Competitive pods (Varsity & JV) may remain in the venue for other competitive pod contests as long as masks/face covering are worn and they are separated from spectators by a minimum of 12 feet. • If consecutive competitions are taking place in the same venue between different teams, the venue must be sanitized prior to new teams utilizing the space. • Judges are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. • Coaches must provide direction to their students regarding social distancing and other safety protocols. • Students may only watch rounds in which they are not involved if there is adequate space for observers.
Recommendations and Considerations	<ul style="list-style-type: none"> • Before, during, and after competition, students, coaches, judges and personnel should wash their hands as frequently as possible. • Students are highly encouraged to rotate in and out of classrooms versus watching all competitors in each round. • Increase ventilation in each classroom to the greatest extent possible. • Limit passing of paper whenever possible. • If judges use same table/chair as another judge previously, it should be cleaned between rotations. • Any chairs/desk that student-participants occupy must be sanitized between rounds. • Consider limiting the number of students who may watch rounds in which they are not involved.

In-Person Competition: Post-Contest

Required	<ul style="list-style-type: none"> • Team celebrations or congratulations must be no-touch and conducted with appropriate physical distancing. • In-person awards ceremonies for multiple teams must not be held. • Teams must remove trash and belongings from their area. • Post-contest handshakes or fist bumps or hugs are not allowed. • Teams' post-contest meetings must be brief and must observe social distancing. • No gathering to wait for results; team must leave the venue as soon as possible.
Recommendations and Considerations	<ul style="list-style-type: none"> • Teams and coaches should consider ways to show physically distanced post-event appreciation for opponents and judges. • No extra-curricular or social activity should take place after the contest. No social congregation after competition. • Air exchange should take place at least one time per competition for indoor facilities.

Virtual Practice and Competition

Required	<ul style="list-style-type: none"> • When participating in virtual practice and competition, schools must consider students' home access to devices, internet connection, quiet rooms, etc., and do whatever possible to decrease inequities and allow participation for all. • If allowed by their school, teams are permitted to gather at their own schools to individually participate in virtual competition. Social distancing must be maintained.
Recommendations and Considerations	<ul style="list-style-type: none"> • Virtual practice and competition should be strongly considered when feasible. • If teams are gathering at their own schools to individually participate in virtual competition, students should be given their own classrooms/spaces to participate when possible.

Judges: In-Person Events

Judges: Equipment

Required	<ul style="list-style-type: none"> • Masks/face coverings are required the entire time the judge is in the facility. • Judges should bring their own equipment, water bottles, pens, etc.
----------	---

Judges: Pre-Contest, Contest and Post-Contest

Required	<ul style="list-style-type: none"> • Judges must leave the venue as soon as possible following the contest. • Schools must have judge contact information to do contact tracing if necessary.
----------	---

Resources:

- [NFHS Aerosol Study](#)
- [NFHS Performing Arts COVID-19 Resources](#)
- [COVID-19 Sports Practice Guidance for Youth and Adults](#)-Minnesota Department of Health
- [COVID-19 Youth and Adult Sports Guidance](#) Minnesota Department of Health
- [CDC Sports Guidance](#)



Minnesota State High School League

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 student-athletes 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 State/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 masks/face coverings 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-athletes participants, it is imperative that student-athletes 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. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.
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