



2020-2021 MINNESOTA STATE HIGH SCHOOL LEAGUE

Spring Sports Mask Guidance and Information

The following MSHSL Guidance and information is built directly from the Minnesota Department of Health's [COVID-19 Organized Sports Practice and Games Guidance for Youth and Adults](#) which provides guidance for all youth and adult sports.

Masks/face coverings must be worn by all people at all times, including practices and games, with only the following exceptions:

Outdoor Individual Sports- Individual sports performed outside that allow people to maintain distance from others are lower risk for transmission of SARS-CoV-2. A cloth face covering is not necessary for athletes participating in outdoor individual sports if the athletes can stay at least 6 feet away from others at all times.

Whenever student-athletes gather in spaces where distancing of 6 feet cannot be maintained, mask/face coverings must be worn.

Baseball

- Masks/face coverings must be worn at all times in practices and competitions by all student-athletes and coaches.
 - Exception: Individual workouts outdoors when all participants are separated by at least 6 feet at all times.

Softball

- Masks/face coverings must be worn at all times in practices and competitions by all student-athletes and coaches.
 - Exception: Individual workouts outdoors when all participants are separated by at least 6 feet at all times.

Lacrosse

- Masks/face coverings must be worn at all times in practices and competitions by all student-athletes and coaches.
 - Exception: Individual workouts outdoors when all participants are separated by at least 6 feet at all times.

3/31/21

Track and Field

- Masks/face coverings must be worn at all times by all student-athletes and coaches when indoors.
- When outdoors and practicing individually, student-athletes may practice without a mask/face covering while taking part in individual training and can maintain 6 feet of distance from others.
 - In events such hurdles, pole vault, high jump, and throwing events, where there is a higher risk of danger when competing with a mask/face covering, it is recommended that masks/face coverings not be worn.
- During outdoor competition, student-athletes do not need to wear masks/face coverings when they can maintain at least 6 feet of distance from others at all times.

Tennis

- Masks/face coverings must be worn at all times in practices and competitions by all student-athletes and coaches if indoors.
- If outdoors, student-athletes may practice individually without a mask/face covering. Distancing of 6 feet must be maintained at all times.
- In competition, singles student-athletes may play without masks/face coverings. Doubles student-athletes must wear a mask/face covering at all times.

Golf

- Masks/face coverings must be worn at all times in practices by all student-athletes and coaches if indoors.
- If outdoors, student-athletes may practice and compete without masks/face coverings if they distance from other student-athletes by 6 feet at all times.

Adapted Softball

- Due to the fact that adapted softball is an indoor team sport, masks/face coverings must be worn at all times in practices and competitions by all student-athletes and coaches.

Adapted Bowling

- Due to the fact that adapted bowling is an indoor sport, masks must be worn at all times in practices and competitions by all student-athletes and coaches.

Badminton

- Due to the fact that badminton is an indoor sport, masks/face coverings must be worn at all times in practices and competitions by all student-athletes and coaches.

Synchronized Swimming

- Masks/face coverings must be worn at all times by coaches.
- Student-athletes must wear masks/face coverings at all times except when in the water for practice or competition.