



MINNESOTA STATE HIGH SCHOOL LEAGUE

Introduction:

The Minnesota State High School League is focused on providing safe and healthy opportunities and experiences for the students and adults who participate in our activities. Keeping all participants (students, coaches, officials and others) healthy is critical and important. As the governing organization for interscholastic high school programs and competitions, the Minnesota State High School League provides the following requirements and recommendations for MSHSL member schools as they implement COVID-19 plans at the local level.

Please Note: MSHSL Member Schools or venues in which contests are held may have additional requirements for health and safety. All students, coaches, officials, spectators and other personnel must comply with these requirements.

COVID Positive Requirements:

Days 0-5: Individuals may not participate in practice or contests.

Days 6-10: If a school has adopted the CDC's 12/27/21 guidance allowing for a return on day 6, individuals may **participate in practices and contests** on days 6-10 when allowed by the school.

- To **participate in practices and contests** on days 6-10 the individual must have lessening symptoms and be fever-free for at least 24 hours.
 - During days 6-10, individuals must wear a well-fitting mask at all times, avoid travel and avoid being around people who are high risk. No mask is required if the participant has a negative *PCR/NAAT test* or *antigen test*.

Day 11 and Beyond: To **participate in practices and contests and games without a mask on day 11 and beyond:**

- The individual must have had no fever for at least 24 hours, without using medicine that lowers fever, and,
- It has been at least 10 days since they first experienced symptoms or tested positive, and,
- The symptoms of cough, shortness of breath, or other symptoms are better.

(Day 0 is the first day of symptoms or a positive viral test. Day 1 is the first full day after the symptoms developed or the test specimen was collected.)

Due to the risks involved in the wearing of masks in certain activities, students must not engage in the following until they are able to be mask-free:

- Swimming and Diving

FAQs

Who is included in this guidance?

- “Individuals” includes student participants, student managers, and coaches of any MSHSL-governed activity or sport.

How are days counted?

- Day 0 is the first day of symptoms or a positive viral test. Day 1 is the first full day after the symptoms developed or the test specimen was collected.

Can MSHSL member schools employ measures that are more restrictive than the CDC, MDH or the MSHSL?

- Individual schools and/or districts may have more restrictive guidance. This guidance may include more extensive isolations, additional language for quarantine of close contacts or restrictions on participation in certain activities while wearing a mask.

How is MSHSL guidance created?

- The responsibility of the MSHSL is to provide guidance for students, coaches and officials in over 500 schools and 50 activities. This includes practices, travel and interscholastic competition and requires MSHSL staff to develop guidance that is consistent and best serves all schools. MSHSL guidance is created based on recommendations of its Sports Medicine Advisory Committee who interpret guidance from the CDC, MDH and MDE. Additionally, member schools, through their administrators, provide extensive input to the League.

Resources:

- [Quarantine and Isolation](#) CDC (3/30/22)
- [Best Practice Recommendations for COVID-19 Prevention in Schools for the 2021-22 School Year](#) MDH (3/10/22)
- [Requirement for Face Masks on Public Transportation Conveyances and at Transportation Hubs](#) CDC (2/25/22)
- [Reportable Disease Rule \(Communicable Disease Reporting Rule\)](#) Minnesota Administrative Rules CHAPTER 4605, COMMUNICABLE DISEASES
- [Guidance for COVID-19 Prevention in K-12 Schools](#) CDC (1/13/22)