



Minnesota State High School League interpretation of CDC Covid-19 Guidance.

Days 0-5:

- Individuals may not participate in in-person practice or interscholastic competitions. (Including but not limited to games, meets, scrimmages etc.)

Day 6 and beyond:

- Individuals may participate in in-person practice and interscholastic competition if:
 - They are fever-free for 24 hours (without the use of fever-reducing medication) and
 - Their symptoms are improving.
- Individuals should wear a mask through Day 10.
 - Individuals may not actively participate in swimming and diving or while stunting in cheer as a mask cannot be worn safely.
 - With two sequential negative antigen tests 48 hours apart, the mask may be removed sooner than Day 10.

Additional Information and definitions:

- “Individuals” includes student participants, student managers, coaches and any others with regular proximity to a team of any MSHSL-governed activity or sport.
- 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.

CDC: [Isolation and Precautions for People with COVID-19](#)