

Handling Cases of COVID-19 in Youth Sports and Activities

It is important that everyone take steps to reduce COVID-19 transmission, particularly to those who are not vaccinated, while balancing the need to maintain a strong system that effectively supports children, youth, staff, and communities.

Minnesota Rule 4605.7070 requires any person in charge of any institution, school, childcare facility, or camp to report cases of COVID-19 to the Minnesota Department of Health (MDH).

- Use [COVID-19 Case Report Form for K-12 Schools, Childcares, and Youth Programming \(Camps, Sports, Extracurricular Activities\)](https://redcap.health.state.mn.us/redcap/surveys/?s=YLH94XW7YKD9WDE9): <https://redcap.health.state.mn.us/redcap/surveys/?s=YLH94XW7YKD9WDE9> to report each child, youth, or staff member who receives a positive test result.
- This is a secure system to report information such as names, addresses, and phone numbers. At a minimum and when available, include the name, date of birth, and phone number of the person who tested positive for COVID-19.

Programs are strongly encouraged to develop policies and protocols for notifying MDH about positive cases, management of case follow-up, and notification of exposed persons in alignment with public health guidance. This document follows recommendations from Centers for Disease Control and Prevention (CDC) to reduce the risk of transmission and limit exposures:

[Best Practices for Handling a Confirmed Case of COVID-19 \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf):
<https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf>.

- For **questions related to guidance contact**: health.schools.covid19@state.mn.us.
- For **questions related to reporting a positive case** in your youth sport or activity please contact: health.schoolcc.followup@state.mn.us.

Team activities involve interacting with many people. In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19. People with symptoms and without symptoms can spread COVID-19.

The following guidance is intended to reduce the risk of transmission but does not eliminate it.

- This tool provides the decision-making guidance for schools, child care, youth programs (i.e., camp, sports, and other community activities): [Recommended COVID-19 Decision Tree for People in Schools, Youth Programs, and Child Care Programs](https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf): <https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>.
- Due to increased exhalation that occurs during physical activity, some sports can put players, coaches, trainers, and others at increased risk for getting and spreading COVID-19. Close contact sports and indoor sports are particularly risky. **CDC Sports and Other Extracurricular Activities** guidance outlines specific sport-related risks coaches and school sports administrators should consider: [Guidance for COVID-19 Prevention in K-12 Schools; Section 2: Additional Considerations for K-12 Schools; Sports and Other Extracurricular Activities](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html#anchor_1625662037558): https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html#anchor_1625662037558.
- This guidance applies to children and adolescents who are participating in and/or returning to physical activity, inclusive of but not limited to, organized sports and physical education class within school. **AAP COVID-19 Interim Guidance: Return to Sports and Physical Activity**: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>.
- These are recommendations for Minnesota State High School League member schools to consider as they develop COVID plans to be implemented at the local level. **MSHSL 2021 – 22 COVID Guidance** (updated 8/12/21): https://www.mshsl.org/sites/default/files/2021-08/2021_2022-covid-guidance.pdf.