

- Individuals who are sick with COVID-19 will need to stay out for 10 days from symptom onset. You can find most up to date information on these recommendations at [If You Are Sick \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).
- ✓ In general, you do not need to cancel practice or games once you hear of a case. If such steps are needed, MDH/LPH will reach out to you and work with you to determine next steps.
- ✓ If you know you have a case but haven't heard from MDH or LPH and you still have concerns or need notification resources, please email us at [health.sports.covid19@state.mn.us](mailto:health.sports.covid19@state.mn.us).

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## Requirements for outdoor recreational race events

### Key information

- ✓ This guidance is for outdoor organized recreational races or non-competitive similar events (e.g., running races, “fun runs”/walks, triathlons, bicycle races/rides, charity walks, or cross-country skiing events).
- ✓ Any race events (including run/walk races, triathlons, bicycle races, or cross-country skiing races) that are half-marathon length or longer can only be held in venues that have defined perimeters and clear entrance and exit points (i.e., not on public roadways). This is to ensure that capacity limits are followed, that crowding can be controlled, and that social distancing is maintained among spectators.
- ✓ Examples of possible venues include fair grounds, golf courses, stadiums, or athletic fields.
- ✓ This guidance is not applicable to motorized races. For these events, please use the [Preparedness Plan Requirements Guidance – Recreational Entertainment & Meetings \(dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf\)](http://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf).

This guidance outlines the requirements for holding organized recreational race events (e.g., run/walk races, triathlons, bicycle races, or cross-country skiing) during the COVID-19 Peacetime Emergency. Unless this guidance imposes a different or additional requirement, any organized race event must also follow the requirements in other sections of this guidance document. Certain race events may have spectators and any event with spectators must follow the requirements of the [Preparedness Plan Requirements Guidance – Recreational Entertainment & Meetings \(dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf\)](http://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf) with respect to how many spectators are allowed and the steps that must be taken to protect the health and safety of spectators and workers or volunteers. The individual or entity responsible for organizing the race must incorporate applicable requirements from these guidance documents into the COVID-19 Preparedness Plan for the event.

## Key elements of an organized race plan

In order to prevent COVID-19 transmission at an organized race, to maintain control over the event, and to facilitate social distancing between participants, volunteers, and employees, all organized races must adhere to the following basic requirements:

- ✓ **Advance registration.** Registration must occur prior to the race through online or other contact-less methods. Any racing equipment, promotional products or handouts, bibs, etc. should be mailed to participants prior to race day.
- ✓ **Participant and employee attendance.** The number of participants allowed on the race course at any one time depends on the size and structure of the course:
  - The “course maximum”—meaning the number of persons allowed on the course at one time—is 250 participants or the total square footage of the course divided by 113, whichever is less.
  - This “course maximum” ensures that there is at least 113 square feet for each person on the course (113 square feet is the U.S. Fire Administration’s recommended space per person to ensure safe social distancing).
  - Participants must be divided into completely separated participant groups to ensure the number of participants on the course at one time never exceeds the course maximum.
  - Further, races that choose to exceed the course maximum must ensure an entire participant group has completely finished the race and vacated the course before releasing a new group of participants.
  - Workers are not counted toward the “course maximum” for purposes of this guidance.
- ✓ **Participant pods.** Event participants must be further divided into “pods” of no more than 25 individuals and socially distanced (meaning, 6 feet of distance is maintained between people from different households) within the pods.
  - Each pod is released in a staggered manner to avoid clustering on the course and intermixing of pods.
  - As each pod is released, individual participants should also be released in a staggered manner or positioned to allow for proper social distancing within the pod.
- ✓ **Face coverings.**
  - Staff and volunteers must wear face coverings whenever social distancing (meaning, physical distance of at least 6 feet from persons who are not in the same household) cannot be maintained.
  - Participants and spectators are strongly encouraged (but not required) to wear face coverings.
  - For more information about face covering requirements refer to [Executive Order 20-81 \(www.leg.state.mn.us/archive/execorders/20-81.pdf\)](http://www.leg.state.mn.us/archive/execorders/20-81.pdf) and related MDH guidance [Face Covering Requirements and Recommendations under Executive Order 20-81 \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html) and [Frequently Asked Questions About the Requirement to Wear Face Coverings \(www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html\)](http://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html).

- ✓ **Social distancing measures.** Participants must maintain social distancing from other participants, volunteers, and employees through the entire event, including at the starting line, throughout the race, and at the finish line. Staff and volunteers must also maintain social distancing from other staff, volunteers, and participants.
  - Social distancing measures should take into account the size and structure of the venue. For example, if the race takes place on a track, lanes should be designated according to pace (for example, with slower participants in outside lanes, and faster participants in inside lanes).
  - Markers such as tape, traffic cones, or stickers should be placed on the ground to aid participants in maintaining social distancing.
  - Participants should be given staggered arrival times, based on their pod's start time, to avoid congregating at the starting line. Participants within the same pod should be spaced at the starting line in a manner that allows them to maintain social distancing from each other.
  - Participants must immediately leave the course after finishing the race, and employees and volunteers must ensure that participants do not loiter or gather in groups at the finish area.
  
- ✓ **Spectators.**
  - If a race event is shorter than a half-marathon in length and is not being held in a venue with a defined perimeter (for example, if a course is located on a public roadway, trail, or other public right of way), spectators should be strongly discouraged. The event must not set up seating or other areas that will encourage congregation of spectators. Any persons who do watch the race must adhere to social gathering limits—i.e., groups of no more than 25 individuals spaced out along the course in such a way that they maintain social distancing from other groups and from any participants, staff, or volunteers.
  - Secluded courses (roads or trails/parks in areas with low foot and road traffic congestion) are preferred to discourage attracting crowds.
  - If the race is held in a defined outdoor venue (for example, at a track at a public school or in a stadium), spectators are permitted, but the venue must follow the capacity limitations and all other requirements outlined in the [Preparedness Plan Requirements Guidance – Recreational Entertainment & Meetings](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf) ([dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_preparedness\\_plan\\_requirements\\_guidelines\\_recreational\\_entertainment.pdf](https://dli.mn.gov/sites/default/files/pdf/COVID_19_preparedness_plan_requirements_guidelines_recreational_entertainment.pdf)).
  - Reminder: Any race events (including run/walk races, triathlons, bicycle races, or cross-country skiing races) that are half-marathon length or longer can only be held in venues that have defined perimeters and clear entrance and exit points (i.e., not on public roadways).
  
- ✓ **Vendors and attractions.**
  - If a race is held at a defined venue (for example, at a track at a public school or in a stadium), vendors and other recreational/entertainment attractions are permitted, but must follow the Recreational Entertainment Guidance.
  - If an event is not being held in a defined venue (for example, if a course is located on a public roadway, trail, or other public right of way), vendors or recreational/entertainment attractions

coordinated by the event organizers are not permitted because they encourage the congregation of spectators.

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## Guidance development

This document was developed in collaboration with stakeholders in Minnesota – in particular, the Minnesota Amateur Sports Commission and the Higher Education Athletic Task Force.

The Minnesota Department of Education continues to partner with the Minnesota State High School League in providing guidance to member schools regarding participation in athletics and activities. School-based activities and athletics are important to our students' educational experience and more specific guidance will be provided in alignment with the three educational scenarios described in the [2020-2021 Planning Guide for Schools: Health Considerations for Navigating COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf). This document provides parameters for schools to use in their planning for possible reopening in fall 2020-2021.

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## Future guidance

We will continue to monitor the trends of COVID-19 and continue to dial up or dial back as needed.

MDH will pay close attention to transmission trends in sports and refine guidance and response recommendations as needed to help prevent the spread of COVID-19.

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## Sport-specific resources for return to play

**Note MDH is not promoting any resources but is including links here for your reference.**

- ✓ CDC guidance has considerations for youth sports. These principles can be applied to all ages: [Considerations for Youth Sports \(www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html)
- ✓ Strategies provided by the [National Collegiate Athletics Association: Core Principles of Resocialization of Collegiate Sport \(www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport\)](https://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport)
- ✓ Guidance and support at the [Minnesota Amateur Sports Commission \(www.mnsports.org/\)](http://www.mnsports.org/)
- ✓ [USA Wrestling COVID-19 Update \(www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section\)](https://www.teamusa.org/USA-Wrestling/Features/2020/March/14/COVID-19-Special-Section)
- ✓ [USA Wrestling's Return to the Mat Guidelines \(https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf\)](https://content.themat.com/covid-19/USAW-Return-to-the-Mat-Guidelines.pdf)
- ✓ [USA Hockey Player Safety & Health \(www.usahockey.com/playersafety\)](http://www.usahockey.com/playersafety)
- ✓ [Minnesota Ice Arena Managers Association COVID-19 Reference Page \(miami.org/members/covid-19-reference-page/\)](http://miami.org/members/covid-19-reference-page/)

- ✓ [US Lacrosse: Return-to-Play Recommendations for Lacrosse](http://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf)  
([www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf](http://www.uslacrosse.org/sites/default/files/public/documents/safety/return-to-play-final-1.pdf))
- ✓ [USATF Coronavirus 2019 \(COVID-19\) Information Page](http://www.usatf.org/covid19) ([www.usatf.org/covid19](http://www.usatf.org/covid19))
- ✓ [USA Volleyball Return to Play Guidelines](http://www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx) ([www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx](http://www.teamusa.org/usa-volleyball/features/-/media/A455B89BE0094BDC96EFEC89BFD324D6.ashx))
- ✓ [USA Ultimate Return to Play Guidance](http://www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf)  
([www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf](http://www.usultimate.org/assets/1/Page/ReturnToPlayGuidance-June2020.pdf))
- ✓ [USA Swimming Coronavirus Resources](http://www.usaswimming.org/utility/landing-pages/coronavirus) ([www.usaswimming.org/utility/landing-pages/coronavirus](http://www.usaswimming.org/utility/landing-pages/coronavirus))
- ✓ [USTA Tennis Playing Tennis Safely](http://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html) ([www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html](http://www.usta.com/en/home/stay-current/national/usta-statement-on-safety-of-playing-tennis-during-the-covid-19-v.html))
- ✓ [USA Soccer Recommendations Guides](http://www.ussoccer.com/playon/guides/phase-1-grassroots) ([www.ussoccer.com/playon/guides/phase-1-grassroots](http://www.ussoccer.com/playon/guides/phase-1-grassroots))
- ✓ [USGA Guidance in Applying Golf's Rules and Posting Scores](http://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html) ([www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html](http://www.usga.org/content/usga/home-page/rules-hub/rulesarticles/covid-19-rules-and-handicapping-faqs.html))
- ✓ [Minnesota Softball COVID-19 Guidelines/Resources Page](https://fastpitch.mnsoftball.com/coronavirus)  
(<https://fastpitch.mnsoftball.com/coronavirus>)



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Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

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