

COVID-19 Youth and Adult Sports under Executive Order 20-99

11/18/2020

At this time, in accordance with Executive Order 20-99 (EO), all in-person organized youth and adult sports activities—including practices, workouts, games, tournaments and competitions—are paused and not allowed during the four weeks from Friday, Nov. 20, 2020, at 11:59 p.m. through Friday, Dec. 18, 2020, at 11:59 p.m.

Executive Order 20-99

Why are we dialing back on certain activities for four weeks?

Throughout the month of November, the data has made clear with each passing day that we need to take decisive and aggressive action to contain the most recent phase of the pandemic. Minnesota recently topped 200,000 total confirmed COVID-19 cases. It took Minnesota more than 6 months to record 100,000 COVID-19 cases, but only 42 days to add an additional 100,000 new cases. We averaged a state record of almost 6,000 cases per day over the previous week, breaking single-day records for COVID-19 deaths (58) on Nov. 11 and new cases (8,689) on Nov. 14. The Minnesota Department of Health's (MDH) most recent weekly COVID-19 report found that the current average rates of new COVID-19 cases, hospitalizations and intensive care unit admissions, and deaths are the highest they have been since the start of the pandemic, far exceeding the numbers we saw in the worst points of our surges in April and May. We need strong action to control our future case numbers.

EO requirements

The full Executive Order (EO) with all requirements can be found at [Executive Orders from Governor Walz \(https://mn.gov/governor/news/executiveorders.jsp\)](https://mn.gov/governor/news/executiveorders.jsp).

- ✓ Social gatherings prohibited. Social gatherings are groups of individuals, who are not members of the same household, congregated together for a common or coordinated social, community, or leisure purpose—even if social distancing can be maintained. This prohibition includes planned and spontaneous gatherings as well as public and private gatherings. Most commercial activities are not considered social gatherings, so this change will not impact most industries.
- ✓ Businesses and activities are affected differently. For a full listing of all business and activity requirements and limitations, see the full executive order at [Executive Orders from Governor Walz](https://mn.gov/governor/news/executiveorders.jsp)

<https://mn.gov/governor/news/executiveorders.jsp>) and applicable Preparedness Plan Requirements Guidance.

- ✓ Masks and face coverings required. Executive Order 20-81, requiring face coverings in certain settings, remains in full force and effect.
- ✓ At-risk persons. All persons currently living within the State of Minnesota who are at risk of severe illness from COVID-19, as defined by Executive Order 20-55, are strongly urged to stay at home or in their place of residence and follow the provisions of Executive Order 20-55.
- ✓ Work from home. All persons who can work from home must continue to do so.

EO requirements and Preparedness Plan Requirements Guidance for Youth and Adult Sports

For the four weeks, youth and adult sports are subject to the following provisions:

- ✓ All in-person organized youth and adult sports activities—including practices, group workouts, games, tournaments and competitions—are **not** allowed.
- ✓ Members of a single household may participate in physical activities alone or with one another but may not participate in physical activities with persons from other households. For example, members of a household may walk, run, sled, and cross-country ski alone or with other members of their household, but may not participate in those physical activities with members of another household.
- ✓ Youth and adults may participate in virtual practices, and engage in skills and fitness development, either alone or with other members of their household.

Youth and adult sports FAQ:

- ✓ Sports help me cope, what can I do to get through this dial back?
 - Physical activity is important to everyone’s physical, emotional, and mental health and this pause doesn’t prevent you from engaging in physical activities alone or with members of your household.
 - Consider these physical activities:
 - Participate in practices or individual skills and fitness development virtually.
 - Go outside for a run, walk, cross country ski or hike, climb stairs, run hills or; visit a local park.
 - Offer to shovel a neighbor’s sidewalk or take the neighbor’s dog for a walk.
 - Jog in place in your bedroom, build muscle strength through resistance training, engage in stretching exercises to improve your flexibility and balance.
 - Try an exercise routine that you can do through a video game console, online video, or online streaming.
 - Look for virtual exercise, meditation, strength training, aerobic and yoga classes.
 - Explore resources to support your mental health in other ways, such as:

- [Change to Chill: Virtual Fall Series \(https://www.changetochill.org/virtual-fall-series/\)](https://www.changetochill.org/virtual-fall-series/): This series is designed for both youth and adults who are coping with changing circumstances. Participants will learn new skills and tools to better balance their lives, change their perspectives, find focus, and care for themselves.
- [NAMI HelpLine \(https://www.nami.org/help/\)](https://www.nami.org/help/): The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public. HelpLine staff and volunteers are experienced, well-trained, and able to provide guidance.
- [Mental Health America: Take a Mental Health Test \(https://screening.mhanational.org/screening-tools/\)](https://screening.mhanational.org/screening-tools/): Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.



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Contact health.communications@state.mn.us to request an alternate format.