



Reopening New York

Sports and Recreation Guidelines

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These guidelines also apply to non-professional and non-collegiate sports and recreation activities conducted by gyms/fitness centers/training facilities. However, such facilities are limited to no more participants than is allowed under the non-essential gathering restriction that is in effect for their region; and such facilities are prohibited from conducting indoor activities at this time.

During the COVID-19 public health emergency, all reaction businesses/leagues/organizations should stay up to date with any changes to state and federal requirements related to sports and recreational activities and incorporate those changes into their operations. This guidance is not intended to replace any existing applicable local, state, and federal laws, regulations, and standards. For more information, see "Interim COVID-19 Guidance for Sports and Recreation."

Risk Profiles	Description	Sports (Non-Exhaustive)		Type of Play Allowed	
Higher-Risk Sports	<p>Least ability to maintain physical distance and/or be done individually</p> <p>Least ability to:</p> <ol style="list-style-type: none"> avoid touching of shared equipment, clean/disinfect equipment between uses by different individuals, or not use shared equipment at all 	Football Wrestling Ice hockey Rugby Basketball Contact lacrosse	Volleyball Martial arts Competitive cheer/dance	✓ ✓ X X X	Individual or distanced group training or activities Organized no/low-contact group training (e.g. sport camps and clinics) Competitive team practices Games, meets, matches, scrimmages (e.g. organized leagues, pick-up sports) Competitive tournaments of multiple games, meets, matches, or scrimmages requiring travel
Moderate-Risk Sports	<p>Limited ability to maintain physical distance and/or be done individually</p> <p>Limited ability to:</p> <ol style="list-style-type: none"> avoid touching of shared equipment, clean/disinfect equipment between uses by different individuals, or not use shared equipment at all 	Baseball/ Softball Doubles tennis Racket games (e.g. badminton, racquetball) Water polo Gymnastics Field hockey Swimming relays	Crew (2+ rowers) Rafting Paintball Soccer Non-contact lacrosse Flag football BMX bike racing	✓ ✓ ✓	Individual or distanced group training or activities Organized no/low-contact group training (e.g. sport camps and clinics) Competitive team practices
Lower-Risk Sports	<p>Greatest ability to maintain physical distance and/or be done individually</p> <p>Greatest ability to:</p> <ol style="list-style-type: none"> avoid touching of shared equipment, clean/disinfect equipment between uses by different individuals, or not use shared equipment at all 	Individual running Batting cages Hunting/ Shooting/ Archery Golf/Mini-golf Non-motorized boating Singles tennis Rock climbing Horse events and competition	Individual swimming Individual crew Cross country running Toss/bowl games (e.g. horseshoes, bocce, bean bag toss) Flying disc games (e.g. disc golf, frisbee) Ropes courses	✓ X	Games, meets, matches, scrimmages (e.g. organized leagues, pick-up sports) Competitive tournaments of multiple games, meets, matches, or scrimmages requiring travel.

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	Mandatory	Recommended Best Practices
Physical Distancing	<ul style="list-style-type: none"> ✓ For any indoor sport or recreational activity, limit capacity to no more than 50% of the maximum occupancy for a particular area, inclusive of employees, patrons/players/spectators. ✓ No more than 2 spectators per player. ✓ Ensure 6 ft. distance between individuals at all times, whether indoors or outdoors, unless safety or core activity (e.g. practicing, playing) requires a shorter distance. If a shorter distance is required, individuals must wear face coverings, unless players are unable to tolerate such a covering for the physical activity (practicing, playing); provided, however, that coaches, trainers, and/or other individuals who are not directly engaged in activity are required to wear face coverings. ✓ Employees at check-in/appointment desks must maintain six feet from other individuals, unless there is a physical barrier between them. Any time employees interact with patrons/players/spectators, they must wear acceptable face coverings. ✓ Post signage and distance markers denoting spaces of 6 ft. in all commonly used areas indoors for employees and any areas in which lines are commonly formed or people may congregate (e.g. break rooms, equipment checkout areas, cash register areas, locker rooms). 	<ul style="list-style-type: none"> ✓ Stagger schedules for patrons/players and/or teams to utilize facilities. ✓ Enact physical barriers (e.g. plastic shielding walls) at appointment desks, where they would not impair air flow, heating, cooling, or ventilation, in accordance with OSHA guidelines. ✓ Modify layouts and reduce bi-directional foot traffic of patrons/players/spectators walking through spaces by posting signs with arrows in narrow paths, hallways, or spaces. ✓ Prohibit the use of small spaces (e.g. behind cash registers, equipment checkout areas) by more than one individual at a time, unless all individuals are wearing face coverings. ✓ Encourage patrons to use touchless payment, pay ahead, or reserve options, when available.
On-Site Activity	<ul style="list-style-type: none"> ✓ For outdoor fitness classes: <ul style="list-style-type: none"> • Limit class sizes in accordance with the social gathering restrictions that are in effect within the region. • Ensure patrons maintain a distance of 6 ft. from one another and class instructor(s). • Prohibit higher-risk activities where physical contact can't be continuously avoided (e.g. martial arts, boxing). ✓ Monitor and control the flow of traffic into the facility or area to ensure adherence to maximum capacity requirements. 	<ul style="list-style-type: none"> ✓ For sports/recreation activities that may involve group interaction, use remote check-in where applicable (e.g. to reserve courts, tee times). ✓ For outdoor fitness classes: <ul style="list-style-type: none"> • Encourage patrons to bring their own equipment (e.g. yoga mats), or clean/disinfect equipment that is made available for patrons after each use. • Implement work-out "shifts" in which individuals sign up for designated times to attend classes and build cohorts that remain consistent (i.e. the same set of people work-out together each time). • Discourage hands-on adjustments (e.g. yoga) ✓ Adjust hours as necessary to enable enhanced cleaning/disinfection procedures.



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On-Site Activity	<ul style="list-style-type: none"> ✓ For any food service activities, follow the food service guidelines applicable to the region. ✓ For bowling centers and alleys: <ul style="list-style-type: none"> • Restrict facility capacity to no more than 50% of the maximum occupancy; • Require face coverings at all times; • Strictly enforce social distancing of at least six feet between parties of patrons/players, including during play by closing adjacent bowling lanes or enacting appropriate physical barriers between lanes; • Ensure patrons/players interact only with their party at their assigned lane; • Rigorously clean and disinfect any rented or shared equipment (e.g., bowling balls, bowling shoes) between use; • Limit the number of patrons/players to any event at the facility to no more than the current social gathering restrictions that are in effect; and • Adhere to DOH's "Interim Guidance for Food Services during the COVID-19 Public Health Emergency" and all other applicable state-issued guidance (e.g., State Liquor Authority) for food and beverage service on the premise of the facility; provided, however, that indoor food and beverage service remains prohibited in New York City until further notice, as of August 15, 2020. 	<ul style="list-style-type: none"> ✓ For golf courses/driving ranges: <ul style="list-style-type: none"> • Limit tee times to 4 players, except for members of the same household • Restrict use of golf carts to single riders or members of the same household only, unless a physical barrier that doesn't impede visibility/operation of the cart is in place. • Keep golf bags in possession, when possible • Prohibit the use of bunker rakes (except by employees/maintenance staff), ball washers, and water coolers. • Permit golf pros on the course, provided they do not touch players and keep 6 ft. distance at all times unless wearing a face covering or separated by a physical barrier. • Prohibit common use of tees/scorecards/pencils/ball markers among non-household members, unless such items are cleaned/disinfected between use. • Only allow club/equipment rentals if cleaned/disinfected before/after player use. • Post messaging/signage to reflect interim rules. ✓ For bowling centers and alleys: <ul style="list-style-type: none"> • Consider implementing "sign-up" policies; and/or offering "equipment valets" where employees retrieve equipment for patrons/players; • Remind patrons/players to clean and disinfect equipment before and after use; • Limit use of rented equipment (e.g., a single individual may only use one bowling ball for the duration of play); and/or • Encourage patrons/players to bring and use their own equipment (e.g., bowling balls).
Protective Equipment	<ul style="list-style-type: none"> ✓ Ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings when they are within less than 6 ft. of other individuals, unless a physical barrier is present. ✓ Employees must wear face coverings any time they interact with patrons/ players/spectators, regardless of distance. ✓ Provide employees with an acceptable face covering at no-cost to the employee and have an adequate supply of coverings in case of need for replacement. 	



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Protective Equipment	<ul style="list-style-type: none"> ✓ Acceptable face coverings include but are not limited to cloth (e.g. homemade sewn, quick cut, bandana) or surgical masks. ✓ Clean, replace, and prohibit sharing of face coverings. Consult the CDC guidance for additional information on cloth face coverings and other types of personal protective equipment (PPE), as well as instructions on use and cleaning and disinfection. ✓ Train workers on how to don, doff, clean (as applicable), and discard PPE. ✓ Limit the sharing of objects (e.g. equipment) and discourage touching of shared surfaces (e.g. cash registers); or, when in contact with shared objects or frequently touched areas, wear gloves (trade-appropriate or medical); or, sanitize or wash hands before and after contact. 	
Hygiene, Cleaning, and Disinfection	<ul style="list-style-type: none"> ✓ Adhere to hygiene and sanitation requirements from the Centers for Disease Control and Prevention (CDC) and Department of Health (DOH) and maintain cleaning logs on site that document date, time, and scope of cleaning. ✓ Provide and maintain hand hygiene station, including handwashing with soap, water, and paper towels, as well as an alcohol based hand sanitizer containing 60% or more alcohol for areas where handwashing is not feasible. ✓ Hand sanitizer must be place throughout the site for use by employees and patrons/players/spectators. ✓ Provide and encourage employees to use cleaning/disinfecting supplies before and after use of shared and frequently touched surfaces, followed by hand hygiene. ✓ Prohibit shared food and beverages among employees (e.g. self-serve meals and beverages), encourage employees to bring lunch from home, and reserve adequate space for employees to observe social distancing while eating meals. 	



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Hygiene, Cleaning, and Disinfection (cont'd)	<ul style="list-style-type: none"> ✓ Conduct regular cleaning and disinfection and more frequent cleaning and disinfection of shared objects and surfaces, as well as high transit areas, such as payment devices, pickup areas, restrooms, common areas, using Department of Environmental Conservation (DEC) products identified by the Environmental Protection Agency (EPA) as effective against COVID-19. ✓ If cleaning or disinfection products or the act of cleaning and disinfection causes safety hazards or degrades the material or machinery, personnel should have access to a hand hygiene station between use and/or be supplied with disposable gloves. 	
Communication	<ul style="list-style-type: none"> ✓ Affirm you have reviewed and understand the state-issued industry guidelines, and that you will adhere to them. ✓ Post signage inside and outside of the facility or area to remind personnel and patrons/players/spectators to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfection protocols. ✓ Conspicuously post completed safety plans on site. 	<ul style="list-style-type: none"> ✓ In partnership with community organizations, leagues, etc., establish a communication plan for employees, visitors, and clients with a consistent means to provide updated information.
Screening	<ul style="list-style-type: none"> ✓ Implement mandatory health screening assessment (e.g. questionnaire, temperature check) for employees and, where practicable, vendors, but do not mandate for patrons/players/spectators or delivery personnel. ✓ At minimum, screening must determine whether the worker or vendor has had: (1) COVID-19 symptoms in past 14 days, (2) positive COVID-19 test in past 14 days, and/or (3) close or proximate contact with confirmed or suspected COVID-19 case in past 14 days. Assessment responses must be reviewed and such review must be documented. ✓ Designate a site safety monitor whose responsibilities include continuous compliance with all aspects of the site safety plan. 	<ul style="list-style-type: none"> ✓ Perform screening remotely (e.g. by telephone or electronic survey), before reporting to the location, to the extent possible. ✓ On-site screeners should be trained by employer-identified individuals familiar with CDC, DOH, and OSHA protocols and wear appropriate PPE, including at a minimum, a face covering. ✓ Refer to DOH guidance regarding protocols and policies for employees seeking to return to work after a suspected or confirmed case of COVID-19 or after the employee had close or proximate contact with a person with COVID-19.



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Screening (cont'd)		<ul style="list-style-type: none"> ✓ Maintain a continuous log of every person, including employees, who may have close or proximate contact with other individuals at the work site or area; excluding patrons/players/spectators and deliveries that are performed with appropriate PPE or through contactless means. ✓ Encourage – but do not require – patrons/players/spectators to complete a health screen and provide contact information so that they can be logged and contacted for contact tracing, if necessary.

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