



# Reopening New York

## Sports and Recreation Guidelines

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Risk Profiles	Description	Sports (Non-Exhaustive)		Type of Play Allowed (As of 2/1/21)	
<b>Higher-Risk Sports</b>	<p>Least ability to maintain physical distance and/or be done individually</p> <p>Least ability to:</p> <ol style="list-style-type: none"> <li>avoid touching of shared equipment, clean/disinfect equipment between uses by different individuals, or</li> <li>not use shared equipment at all</li> </ol>	Football Wrestling Ice hockey Rugby Basketball Contact lacrosse	Volleyball Martial arts Competitive cheer/dance	✓ ✓ ✓	<p>Individual or distanced group training or activities</p> <p>Organized no/low-contact group training (e.g. sport camps and clinics)</p> <p>If permitted by local health authorities:</p> <ul style="list-style-type: none"> <li>Competitive team practices</li> <li>Games, meets, matches, scrimmages (e.g. organized leagues, pick-up sports)</li> <li>Competitive tournaments of multiple games, meets, matches, or scrimmages requiring travel*</li> </ul>
<b>Moderate-Risk Sports</b>	<p>Limited ability to maintain physical distance and/or be done individually</p> <p>Limited ability to:</p> <ol style="list-style-type: none"> <li>avoid touching of shared equipment, clean/disinfect equipment between uses by different individuals, or</li> <li>not use shared equipment at all</li> </ol>	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	✓ ✓ ✓ ✓ ✓	<p>Individual or distanced group training or activities</p> <p>Organized no/low-contact group training (e.g. sport camps and clinics)</p> <p>Competitive team practices</p> <p>Games, meets, matches, scrimmages (e.g. organized leagues, pick-up sports)</p> <p>Competitive tournaments of multiple games, meets, matches, or scrimmages requiring travel*</p>
<b>Lower-Risk Sports</b>	<p>Greatest ability to maintain physical distance and/or be done individually</p> <p>Greatest ability to:</p> <ol style="list-style-type: none"> <li>avoid touching of shared equipment, clean/disinfect equipment between uses by different individuals, or</li> <li>not use shared equipment at all</li> </ol>	Individual running Batting cages Hunting/ Shooting/Archery Golf/Mini-golf Non-motorized boating Singles tennis Rock climbing	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 Horse events/ competitions	✓	<p>Competitive tournaments of multiple games, meets, matches, or scrimmages requiring travel*</p> <p>*Effective March 29, 2021, statewide travel for sports and recreational activities may resume. Until such time, for all lower, moderate, and higher risk sports, travel for practice or play is prohibited outside of the region or contiguous counties/regions. Interstate travel for practice or play remains strongly discouraged and, if undertaken, must strictly adhere to the requirements of the State's <a href="#">travel advisory</a>.</p>

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	Mandatory	Recommended Best Practices
<b>Physical Distancing</b>	<ul style="list-style-type: none"> <li>✓ 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.</li> <li>✓ Limit spectators to no more than 2 spectators per player or the State's social gathering limit – whichever method facilitates compliance with health and safety protocols for the specific event.</li> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ 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).</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stagger schedules for patrons/players and/or teams to utilize facilities.</li> <li>✓ 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 <a href="#">OSHA guidelines</a>.</li> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ Encourage patrons to use touchless payment, pay ahead, or reserve options, when available.</li> </ul>
<b>On-Site Activity</b>	<ul style="list-style-type: none"> <li>✓ For outdoor fitness classes:               <ul style="list-style-type: none"> <li>• Limit class sizes in accordance with the social gathering restrictions that are in effect within the region.</li> <li>• Ensure patrons maintain a distance of 6 ft. from one another and class instructor(s).</li> </ul> </li> <li>✓ Monitor and control the flow of traffic into the facility or area to ensure adherence to maximum capacity requirements.</li> </ul>	<ul style="list-style-type: none"> <li>✓ For sports/recreation activities that may involve group interaction, use remote check-in where applicable (e.g. to reserve courts, tee times).</li> <li>✓ For outdoor fitness classes:               <ul style="list-style-type: none"> <li>• Encourage patrons to bring their own equipment (e.g. yoga mats), or clean/disinfect equipment that is made available for patrons after each use.</li> <li>• 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).</li> <li>• Discourage hands-on adjustments (e.g. yoga).</li> </ul> </li> </ul>

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<b>On-Site Activity (Cont'd)</b>	<ul style="list-style-type: none"> <li>✓ For any food service activities, follow the food service guidelines applicable to the region.</li> <li>✓ For golf courses/driving ranges, in addition to social distancing and face coverings when distancing can't be maintained:               <ul style="list-style-type: none"> <li>• Restrict use of golf carts to no more than 2 persons per cart; provided that a person may request their own cart if they would otherwise be sharing with an individual outside of their family/household;</li> <li>• Golf pros may be permitted 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;</li> <li>• Keep golf bags in possession, when possible, or use an assigned caddie who is required to wear a face covering and perform regular hand hygiene when in close contact with players and handling equipment;</li> <li>• Use of bunker rakes, ball washers, flagsticks, water coolers, and shared on-course equipment may be permitted so long as they are cleaned and disinfected between each parties use or on a frequent, set schedule through the day when open for play;</li> <li>• Encourage single-use of items, such as tees/scorecards/pencils/ball markers and discourage sharing of such items among non-household members, unless such items are cleaned/disinfected between use;</li> <li>• Only allow club/equipment rentals if cleaned/disinfected before/after player use;</li> <li>• All retail and food services shall adhere to State-issued guidance for such activities;</li> <li>• All on-premises gatherings are subject to the social gathering limits set for the by the State; and</li> <li>• Post messaging/signage to reflect interim rules.</li> </ul> </li> <li>✓ For bowling centers and alleys, and, effective March 5, 2021, pool and billiard halls, and establishments that provide both recreational activities (e.g., darts, toss/bowl/shuffle games, racket games, axe throwing) and food/beverage service for patrons:               <ul style="list-style-type: none"> <li>• Require face coverings at all times;</li> <li>• Rigorously clean/disinfect any rented or shared equipment (e.g., bowling balls/shoes, pool/billiard cues/racks) between use;</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Adjust hours as necessary to enable enhanced cleaning/disinfection procedures.</li> <li>✓ For golf courses/driving ranges:               <ul style="list-style-type: none"> <li>• Consider using remote check-in, with advance tee time reservations (by internet or telephone); and</li> <li>• Process payment of greens fee in a contact-free manner at the time of play by credit and debit card only (e.g. no cash) to the extent possible; courses should make efforts to take phone payments in advance.</li> </ul> </li> <li>✓ For bowling centers/alleys, pool and billiard halls, and establishments that provide both recreational activities and food/beverage service for patrons:               <ul style="list-style-type: none"> <li>• Encourage patron/player visits to be made in advance by reservation only, where practicable.</li> <li>• Assign patrons/players seating and require that individuals not actively participating in game remain seated, unless they are arriving, departing, ordering, or receiving food/beverage, or going to the restroom.</li> <li>• Implement "sign-up" policies; and/or offer "equipment valets" where employees retrieve equipment for patrons/players;</li> <li>• Remind patrons/players to clean and disinfect equipment before and after use;</li> <li>• Limit use of rented equipment (e.g., a single individual may only use one bowling ball for the duration of play); and/or</li> <li>• Encourage patrons/players to bring and use their own equipment (e.g., bowling balls, pool cue).</li> </ul> </li> </ul>



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<b>On-Site Activity (Cont'd)</b>	<ul style="list-style-type: none"> <li>• Ensure patrons/players interact only with their party at their assigned lane/table/board/game.</li> <li>• Restrict facility capacity to no more than 50% of the maximum occupancy; provided that establishments in New York City may be restricted to a lower capacity based on indoor dining guidance.</li> <li>• Strictly enforce social distancing of at least 6 ft. between parties of patrons/players, including during play by closing adjacent bowling lanes, pool/billiard tables, and boards/games or enacting appropriate physical barriers.</li> <li>• Limit the number of patrons/players to any event at the facility to no more than the current social gathering restrictions in effect; and</li> <li>• Adhere to DOH's "<a href="#">Interim COVID-19 Guidance for Food Services</a>" and all other applicable state-issued guidance (e.g., <a href="#">State Liquor Authority</a>) for food/beverage service on the premise.</li> </ul>	
<b>Protective Equipment</b>	<ul style="list-style-type: none"> <li>✓ Ensure individuals not participating in sports or recreation activities (e.g. coaches, spectators) wear appropriate face coverings at all times; individuals may temporarily remove their face covering to eat/drink so long as they are socially distant.</li> <li>✓ Employees must wear face coverings any time they interact with patrons/players/spectators, regardless of distance.</li> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ Train workers on how to don, doff, clean (as applicable), and discard PPE.</li> <li>✓ 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.</li> </ul>	



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Hygiene, Cleaning, and Disinfection	<ul style="list-style-type: none"> <li>✓ Adhere to hygiene and sanitation requirements from the <a href="#">Centers for Disease Control and Prevention</a> (CDC) and <a href="#">Department of Health</a> (DOH) and maintain cleaning logs on site that document date, time, and scope of cleaning.</li> <li>✓ 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.</li> <li>✓ Hand sanitizer must be place throughout the site for use by employees and patrons/players/spectators.</li> <li>✓ Provide and encourage employees to use cleaning/disinfecting supplies before and after use of shared and frequently touched surfaces, followed by hand hygiene.</li> <li>✓ 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.</li> <li>✓ 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) <a href="#">products</a> identified by the Environmental Protection Agency (EPA) as effective against COVID-19.</li> <li>✓ 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.</li> </ul>	
Communication	<ul style="list-style-type: none"> <li>✓ Affirm you have reviewed and understand the state-issued industry guidelines, and that you will adhere to them.</li> </ul>	<ul style="list-style-type: none"> <li>✓ In partnership with community organizations, leagues, etc., establish a communication plan for employees, visitors, and clients with a consistent means to provide updated information.</li> </ul>

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Communication (Cont'd)	<ul style="list-style-type: none"> <li>✓ 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.</li> <li>✓ Conspicuously post completed safety plans on site.</li> </ul>	
Screening	<ul style="list-style-type: none"> <li>✓ 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.</li> <li>✓ At minimum, screening must determine whether the worker or vendor has had: (1) COVID-19 <a href="#">symptoms</a> 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.</li> <li>✓ Designate a site safety monitor whose responsibilities include continuous compliance with all aspects of the site safety plan.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Perform screening remotely (e.g. by telephone or electronic survey), before reporting to the location, to the extent possible.</li> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ 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.</li> <li>✓ Refer to DOH <a href="#">guidance</a> 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.</li> </ul>