



Reopening New York

Professional Sports Training Facilities Guidelines for Employers and Employees

These guidelines apply to professional sports teams and their training facilities and venues statewide. See the State’s “Interim COVID-19 Guidance for Professional Sports Training Facilities” for full details.

During the COVID-19 public health emergency, all professional sports and training facilities should stay up to date with any changes to state and federal requirements related to professional sports training facilities 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.

	Mandatory	Recommended Best Practices
Physical Distancing	<ul style="list-style-type: none"> ✓ For any training, treatment, or work occurring indoors, limit total occupancy to 50% of the maximum occupancy for a particular area. ✓ Ensure 6 ft. distance between individuals at all times, unless safety or execution of the core activity requires a shorter distance (e.g. medical treatments for players), and ensure that players engaged in physical activities can maintain social distancing at all times. ✓ Any time individuals are less than 6 ft. apart from one another and without a physical barrier (e.g. plexiglass), they must wear acceptable face coverings. ✓ If face coverings are removed when a player is engaged in physical activities, appropriate measures must be taken to ensure that players can maintain social distancing at all times. ✓ When multiple players are using equipment in the same room (e.g. workout equipment, treatment tables), the facilities in use must be at least 12 ft. apart. When distancing is not feasible between workstations/facilities, face coverings or physical barriers must be used. ✓ When employees, players, and team staff use transportation vehicles around facilities (e.g. golf carts), each vehicle is limited to single riders, unless all occupants are wearing appropriate face coverings. ✓ Essential maintenance staff (e.g. groundskeepers) may use shared vehicles, provided that riders wear masks and gloves at all times. ✓ Close non-essential common areas (e.g. dry saunas, steam rooms, cold tubs, oxygen or cryotherapy chambers). ✓ Limit in-person gatherings (e.g. team meetings, coaching de-briefs) as much as possible. 	<ul style="list-style-type: none"> ✓ Restrict the number of players in a practice room at any one time and/or limit the number of players that can use a court (e.g. one player per basket for basketball teams). ✓ Close common indoor/outdoor seating areas. ✓ Prohibit the use of small spaces (e.g. elevators, staff rooms, locker rooms) by more than one individual at a time, unless all individuals in such space at the same time are wearing acceptable face coverings. ✓ Implement practices for adequate social distancing in small areas, such as restrooms and locker rooms, and signage and systems (e.g. flagging when occupied) to restrict occupancy when social distancing cannot be maintained in such areas. ✓ Post social distancing markers using tape or signs that denote 6 ft. of spacing in commonly used and other applicable areas (e.g. elevator entrances, escalators, lobbies, health screening stations, etc.), and reduce bi-directional foot traffic by posting signs with arrows in narrow aisles, hallways, or spaces. ✓ Stagger schedules for players and employees to observe social distancing (e.g. scheduled tasks/practices). ✓ Assign maintenance staff to pairs/small groups to limit the number of close contacts. ✓ Provide players with individually bottled beverages and single-use food items in low- or no-touch dedicated spaces (e.g. in a designated room, spaced out on a table). Only one player should be present in the space at any one given time.

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Workplace Activity	<ul style="list-style-type: none"> ✓ Only individual workouts are permitted at team facilities; group practices (e.g. scrimmages, pick-up games) are prohibited. ✓ Any coaches must maintain adequate social distancing at all times. ✓ Follow the State’s “Interim COVID-19 Guidance for Office-Based Work” for any workplace activities taking place in offices. 	<ul style="list-style-type: none"> ✓ Assign one coach/trainer per player to reduce the number of different contacts between players and staff members. ✓ Prioritize activities that allow for social distancing (e.g. physical conditioning drills, HORSE) over those that do not (e.g. one on one, 5-3-1). ✓ Conduct remote educational meetings for players and essential staff prior to returning to facilities in order to clarify new rules and practices. ✓ Limit on-site interactions (e.g. designate an egress for individuals leaving training and a separate ingress for individuals starting) and movements (e.g. players should use the fewest necessary number of facilities). ✓ Keep maintenance of facilities to the minimum standard that teams need to execute practices (e.g. no bunker rakes on a golf course, less frequent grooming on a clay tennis court).
Protective Equipment	<ul style="list-style-type: none"> ✓ Provide employees, players, and team staff with an acceptable face coverings at no-cost to the employees, players, and team staff, and have an adequate supply of coverings in case of replacement. ✓ Acceptable face coverings include but are not limited to cloth (e.g. homemade sewn, quick cut, bandana) and surgical masks, unless the nature of the work requires stricter PPE (e.g. N95 respirator, face shield). ✓ Train employees, players, and team staff on how to adequately put on, take off, clean (as applicable), and discard PPE. ✓ Advise employees, players, and team staff to wear face coverings in common areas including elevators, lobbies, and when traveling around the facility. ✓ Players/individuals charged with stocking rooms with individually bottled beverages and single-use food items must perform hand hygiene before and after entry and wear a mask while in the room. 	<ul style="list-style-type: none"> ✓ Install physical barriers at reception and security desks. ✓ Individual team staff members may provide medical treatment as appropriate, while ensuring appropriate PPE is used by the staff member and while minimizing physical contact to the greatest extent possible.

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	Mandatory	Recommended Best Practices
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 logs that document date, time, and scope of cleaning and disinfection. ✓ Limit the sharing of objects and discourage touching of shared surfaces; or, when in contact with shared objects or frequently touched areas, wear gloves (trade-appropriate or medical) if practicable; or, sanitize or wash hands before and after contact. ✓ All vehicles (e.g. golf carts, groundskeeper vehicles) must be cleaned and disinfected after use and before the vehicle is used by another individual. ✓ Prohibit the sharing of personal items between players and coaches (e.g. towels, clothing.) ✓ Provide and maintain hand hygiene stations, including soap, water, and paper towels, for handwashing, as well as an alcohol-based hand sanitizer containing 60% or more alcohol for areas where handwashing is not feasible. ✓ Provide and encourage employees, players, and staff to use cleaning/disinfection supplies before and after use of shared/frequently touched surfaces, followed by hand hygiene. ✓ Conduct regular cleaning and disinfection at least after every shift, daily, or more often as needed, and for high-risk areas used by many individuals, frequently touched surfaces, and potentially absorbent items (e.g. cloth workout bands, ropes). ✓ Cleaning and disinfecting of the training facility, shared surfaces, and other areas, as well as equipment, should be performed using Department of Environmental Conservation (DEC) products identified by the Environmental Protection Agency (EPA) as effective against COVID-19. 	<ul style="list-style-type: none"> ✓ Increase ventilation with outdoor air to the greatest extent possible (e.g. opening windows and doors), while maintaining safety protocols. ✓ Adapt elements of training facilities to minimize the amount of contact needed in order to use them (e.g. golf holes filled in for easy ball retrieval).

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	Mandatory	Recommended Best Practices
Communication	<ul style="list-style-type: none"> ✓ Affirm you have reviewed and understand the state-issued industry guidelines, and that you will implement them. ✓ Post signs throughout facilities, consistent with DOH COVID-19 signage reminding individuals to cover their nose and mouth, follow hand hygiene guidelines, report COVID-19 symptoms, and adhere to physical distancing rules. ✓ Notify the state and local health department immediately upon being informed of any positive COVID-19 test result by an employee, player, or team staff at the facility. ✓ In the case of an employee, player, or team staff, showing symptoms while in the workplace, notify all entities occupying space in the building immediately with information on where the individual has been throughout the building and notify them if the symptomatic employee, player, or team staff tests positive. ✓ Individuals who are alerted that they have come into close or proximate contact with a person with COVID-19, and have been alerted via tracing, tracking or other mechanism, are required to self-report to their employer at the time of alert. ✓ Conspicuously post completed safety plans on site. 	<ul style="list-style-type: none"> ✓ Establish a communication plan for employees, players, and team staff with a consistent means to provide updated information. ✓ Coordinate with team management to receive a list of essential visitors expected to enter the building.
Screening	<ul style="list-style-type: none"> ✓ Implement mandatory daily health screening assessment (e.g. questionnaire, temperature check) for employees asking about (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. Responses must be reviewed and documented. ✓ Ensure that any personnel performing screening activities, including temperature checks, are appropriately protected from exposure to potentially infectious employees, players, and team staff entering the facility. 	<ul style="list-style-type: none"> ✓ Refer to DOH’s “Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure” 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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	Mandatory	Recommended Best Practices
Screening (cont'd)	<ul style="list-style-type: none"> ✓ Require employees, players, and team staff to immediately disclose if and when their responses to any of the aforementioned questions changes, such as if they begin to experience symptoms, including during or outside of work hours. ✓ Have a plan for cleaning, disinfection, and contact tracing in the event of a positive case. ✓ Identify a contact as the party for employees, players, and team staff to inform if they later are experiencing COVID-19-related symptoms, as noted in the questionnaire. ✓ Designate a site safety monitor who is responsible for all aspects of the site safety plan. The site monitor is responsible for receiving and attesting to having reviewed all screening questionnaires. 	<ul style="list-style-type: none"> ✓ Perform screening remotely (e.g. by telephone or electronic survey), before employees, players, and team staff arrive, to the extent possible. ✓ Maintain a continuous log, to the extent possible, of every employee, player, and staff member, who may have close or proximate contact with other individuals at the work site or area; excluding deliveries that are performed with appropriate PPE or through contactless means.