As Philadelphia residents and workers restart economic and physical activities, they must do so safely—that is, in a way that prevents the COVID-19 virus from spreading from person to person. Everyone must take precautions consistently to protect not only themselves, but also their family members, friends, colleagues, and everyone else.

The precautions will vary by the activity and setting, but some general guidelines apply to all.

### Safety Checklist

- **Masks**
  - Block the virus from spreading from infected individuals by wearing masks and requiring others to wear them.

- **Barriers**
  - Use sneeze guards or plexiglass screens to prevent respiratory droplets expelled by infected persons from reaching others.

- **Isolate**
  - Keep people who might be carrying the virus safely away from others (ideally at home).

- **Distance**
  - Maintain space between people to reduce the chance that one infected individual will infect others.

- **Reduce crowds**
  - Decrease the number of people that an infected person could pass the virus to if other steps are not successful.

- **Handwashing**
  - Reduce the spread of virus from one person to another from touching contaminated surfaces.

- **Clean**
  - Remove respiratory droplets that may contain virus from surfaces that people may touch.

- **Communicate**
  - Ensure staff, customers, and others taking part in permitted activities understand this Safety Checklist.

This Safety Checklist must be followed at all times. If an employee, customer, or participant develops COVID-19 infection or has a positive test, businesses and other organizations must take additional precautions to stop the virus from spreading further, as described in Guidance for Essential Businesses and Organizations During COVID-19. Required precautions include calling the Philadelphia Department of Public Health at 215-685-6741 to report positive cases.

If employees or customers want to report possible health and safety violations in the workplace related to COVID-19, please call 311.

If you have questions or concerns about the applicability of these guidelines to your business, please email business@phila.gov.

Note that guidance in this document is subject to change. Please check back for updates.

This document is intended as a plain language summary of rules for reopening in the Yellow Phase and does not replace the need to follow all applicable federal, state, and local laws and regulations.

### See also:

1. **Order** of the Secretary of Health providing for building safety measures, issued April 5, 2020.
2. **Order** of the Secretary of Health providing for business safety measures (to keep employees and customers safe), issued April 15, 2020.
5. **Other future applicable Department of Health (DOH) and Centers for Disease Control and Prevention (CDC) guidance.**
Outdoor Youth Sports Camps

Please note that during the Yellow Phase, sports leagues and organized sports remain prohibited in Pennsylvania. However, youth camps are allowed and can include physical activity including sports.

The following is intended as a plain language summary of rules for reopening in the Yellow Phase and does not replace the need to follow all applicable federal, state, and local laws and regulations.

See also:
PA Summer Recreation, Parks, and Pools
CDC Considerations for Youth and Summer Camps

Protections Needed

**Masks**
- During the Yellow Phase, require all coaches and participants to mask while on site except only:
  - As necessary to eat or drink during break times. This must be done while seated at least 6 feet from others.
- Masking may limit some activities (e.g., high-intensity aerobic activity). This requirement will be adjusted in later phases.

**Isolate**
- Screen every attendee for symptoms before every practice and prevent them from remaining on site if they have cough, shortness of breath, fever, chills, muscle pain, or new loss of taste or smell.
- It is not necessary to conduct on-site temperature measurements. If you measure temperatures, use a no-touch thermometer, and do not allow anyone with a temperature of 100.4 or higher to remain on-site.
- If a staff member or participant develops COVID-19 infection or has a positive test, organizations must take additional precautions to stop the virus from spreading further, as described in Guidance for Essential Businesses and Organizations During COVID-19. Required precautions include calling PDPH at 215 685-6741 to report positive cases.

**Distance**
- Adjust practices and drills to maintain 6 feet of distance between players. For some sports (e.g., wrestling, basketball) that will mean focusing exclusively on individual skill-building and fitness activities. Other activities may need to be modified in order to maintain distance.
- Encourage physical distancing before and after practice and during breaks.
- Adjust physical environment (bench, dugout) as needed to remind participants to stay at least 6 feet apart. For example, place cones or other markers at regular intervals on bleachers to mark seating places for players not actively participating in practice.

**Reduce crowds**
- During the Yellow Phase, only individual skill-building activities and practices and scrimmages for a single team or group are permitted. Competitions between teams and travel for competitions will need to wait for a later phase.
- Consider dividing participants into small groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.
- Do not allow spectators, visitors or volunteers beyond those needed to run practice.
- Recreational sports leagues are not permitted during the Yellow Phase.

**Handwashing**
- Require handwashing or hand sanitizer use on arrival at practice.
- Teach participants to avoid touching their face or mask and to clean hands before and after removing mask.

**Clean**
- Minimize shared equipment.
- Wipe down shared equipment with disinfectant between use by different people.

**Communicate**
- Educate staff, volunteers, parents and participants about symptoms and prevention of COVID-19.
- Post prominent signs at facility:
  - Asking people who are sick or who have had contact with someone with COVID-19 within the past 14 days not to enter.
  - Encouraging people to cover coughs or sneezes.
  - Mandating physical distancing of at least 6 feet.
  - Mandating that all staff and participants wear masks.
  - Reminding participants that spitting is prohibited.