

REOPENING GUIDANCE

Outdoor Recreational Activities and Sports

Currently, the following sports and outdoor recreational activities are permitted (but not required), subject to the restrictions below and those in relevant state and local laws.

- Professional Sports
- Collegiate Sports
- K-12 School Sports
- Outdoor Youth and Adults Sports and Recreational Activities and Sports Leagues
- Outdoor activities like golf, boating, horse riding, tennis, archery or shooting, outdoor miniature golf, mountain biking, motorsports venues, go carts, rock climbing, disc golf, paintball, and other similar facilities that conduct operations outdoors

Note that PDPH recommends caution in planning and conducting competitions between teams because they bring groups of people together, adding additional risk. Practices at this stage should focus on individual skill building and drills that can be done while maintaining distance between players.

The following is intended as a plain language summary of rules for reopening in the COVID-19 Emergency and does not replace the need to follow all applicable federal, state, and local laws and regulations.

See also:

PA Department of Education (PDE) [Preliminary Guidance for Resuming In-Person Instruction at Post Secondary Higher Education Institutions and Adult Basic Education Providers](#)

Guidance from the [NCAA](#)

[Guidance for all sports permitted to operated during the COVID-19 disaster emergency](#)

[Life-sustaining business FAQ](#)

[PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools](#)

[CDC Considerations for Youth Sports](#)

[PA Summer Recreation, Camps, and Pools](#)

[CDC Considerations for Youth and Summer Camps](#)

Protections Needed



Masks

- 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.
 - While maintaining at least 6 feet of distance from others outside.
- Masking may limit some activities (e.g. high-intensity aerobic activities conducted close to others). 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 onsite 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 onsite.
- If a staff member or participant develops COVID-19 infection or has a positive test, businesses and 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 215-685-5488 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.
- Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators. This includes shaking hands, fist bumps, or high fives.
- 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.
- Businesses that operate outdoor recreational activities may not operate indoor spaces for public or visitor use other than restrooms and ticketing and entry locations. Online ticketing and timed/staged entry are strongly encouraged.

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Reduce crowds

- Focus on individual skill-building activities and practices and scrimmages for a single team or group.
- Competitions between teams and travel for competitions are higher risk because they bring groups of people together. Consider deferring these activities until a later time.
- 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.
- Any sports-related or recreational activity must adhere to a maximum limit of 50 people in attendance (coaches and participants). This may mean that practices must be split to avoid larger groups in attendance.



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.
- All athletes, coaches, and officials must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.



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.