

REOPENING GUIDANCE

Recreational Activities and Sports

During the Green Phase in Philadelphia:

- The Department of Public Health prohibits formally organized games and competitions in contact and higher-risk sports played outdoors, including: tackle football, soccer, full-court basketball, rugby, lacrosse, field hockey, ice hockey, ultimate frisbee, competitive cheerleading, water polo, boxing and wrestling.
 - This prohibition applies to all ages but allows an exception for professional or collegiate sports teams that have safety protocols approved by PDPH.
 - Teams and other organizations are permitted to meet for practices that focus on skill-building if precautions in this guidance are followed, but intra-team scrimmages or drills involving contact in these sports are prohibited.
- Formally organized games and competitions are permitted for lower-risk, lesser-contact outdoor sports, including: cross-country, track & field, volleyball, half-court basketball, baseball, softball, flag football, tennis, golf, crew, fencing, swimming, gymnastics, curling, and weight-lifting, provided that all requirements of this guidance are followed. No tournaments, meaning events involving three or more teams, are allowed.
- Games that are not arranged or planned by a school, league, or an organized team are permitted in all outdoor sports. For indoor sports and recreation, activities where distancing requirements cannot be consistently followed are not allowed, which includes multi-player sporting activities like basketball or ice hockey games. Indoor recreation and sports facilities are otherwise allowed, provided that activities follow all applicable guidance and requirements, including occupancy and capacity limitations, masking and social distancing requirements.

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.

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 on-site.
- 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 and small-group skill-building activities.
- 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 25 people inside and 150 people outside 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.
- 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.



Ventilation

- If possible, increase ventilation in the building by either:
 - Opening windows and/or doors on opposite sides of the building and using fans to blow outside air through the building OR
 - Optimizing ventilation provided by the heating, ventilation, and air conditioning (HVAC) system by:
 - Having the HVAC system checked to assure that it is working properly. If it can be adjusted, the system should be set to provide at least 6 air exchanges per hour.
 - Maximizing the amount of outside air circulated by the system.
 - Installing filters with minimum efficiency reporting values (MERV) of 13, or the highest compatible with the filter rack. It is not necessary to use high-efficiency particulate air (HEPA) filters or ultraviolet light irradiation systems.
 - Checking that the external air inlet duct is not blocked and that it is at least 15 feet from 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.

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](#)