Guidance for Recreational Activities and Sports

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

- The Department of Public Health prohibits formally organized participation in all sports and recreational activities, including activities coordinated by youth, community, and school leagues. This includes, but is not limited to the following sports and games held indoors or outdoors: football, soccer, full-court and half-court basketball, rugby, lacrosse, field hockey, ice hockey, crew, volleyball, baseball, softball, flag football, ultimate frisbee, competitive cheerleading, gymnastics, swimming, 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.
- All indoor sports and recreation are prohibited.
- Recreation not arranged or planned by a school, league, or an organized team is permitted for lower risk, lesser contact outdoor sports and recreation. This includes tennis, golf, outdoor ice skating, running, track and field, swimming, weight-lifting, shooting baskets at an outdoor basketball court, and boat rentals.

Protections Needed

- **Masks**
  - Wear your mask at all times while on site except only:
    - As necessary to eat or drink during break times, while at least 6 feet away 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).
- **Isolate**
  - Screen yourself for symptoms before participating in an activity. 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.
- **Distance**
  - Maintain physical distancing of at least 6 feet from all other participants at all times.
  - Limit unnecessary physical contact with other participants, including shaking hands, fist bumps, or high fives.
  - Adjust physical environment 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 persons not actively participating in the activity.
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.

- **Reduce crowds**
  - All outdoor sports-related or recreational activity may have no more than 10 persons per 1,000 square feet, even with masks and maintaining safe distancing.
  - All indoor sports or recreational activity are prohibited.
  - Focus on individual skill-building activities.
  - Do not allow spectators, visitors or volunteers beyond those participating.

- **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.
  - Bring your own water and drinks to activities. Shared water coolers 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.

**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**

Visit [www.phila.gov/COVID](http://www.phila.gov/COVID) for more information • Text COVIDPHL to 888-777 to receive updates to your phone Call (800) 722-7112 to speak to a health care professional on the Greater Philadelphia Coronavirus Helpline
Life-sustaining business FAQ

PDE Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools

CDC Considerations for Youth Sports