

# Professional Sports Competitions with No Fans

If you operate a professional sports team in New York City, new mandates from New York State require you to do the following at the start of Phase 4:

- Develop a [Safety Plan](#) and post it at your work site.
- Read [New York State \(NYS\) guidelines](#) and affirm compliance.
- The State requires that you **affirm that you have reviewed and understand the State-issued industry guidelines** and that you will implement them. You can fill out the affirmation form [here](#).

View the [full list of requirements on the State website](#) to make sure you are in compliance, and protect employees and customers by taking the following steps to prevent the spread of COVID-19:

## 1. Stay Home if Sick

Unless you are leaving for essential medical care ([including testing](#)) or other essential errands, stay home if sick. You can also consider implementing additional actions like the ones below to encourage those who are sick to stay home:

- Post the [Stop the Spread poster](#) in employee areas. Additional languages are available on [nyc.gov/health/coronavirus](http://nyc.gov/health/coronavirus) or by calling 311 to order a copy.
- Perform health screening **remotely** before employees and players arrive, where possible.
- Perform pre-travel screening for any teams travelling.

## 2. Physical Distancing

Stay at least 6 feet away from other people. You can also consider implementing additional actions like the ones below to keep physical distance:

- Close non-essential communal areas/amenities that promote gathering.
- Stagger work schedules for employees, where possible stagger arrival of teams and players.

- At facility reception desks, consider using barriers like plastic shield walls between employees and players or other staff. Post markers using tape or signs that denote 6 feet of spacing.
- Try to schedule employee or team meetings and training sessions by phone or online.
- Ensure 6 feet of distance between players, staff, and media by using empty stands for extra seating; space out lockers as well.
- Ensure distancing during all team travel to and from the venue, to the extent possible.

### **3. Wear a Face Covering**

Protect those around you. You can be contagious without symptoms and spread the disease when you cough, sneeze or talk. A face covering can help reduce the spread of COVID-19. You can also consider implementing additional actions like the ones below to encourage the use of face coverings:

- Have extra face coverings on site, in case players or staff forget them.
- Provide eye protection and gloves to staff, such as athletic trainers, who will have close contact with players.
- Place receptacles around the facility for disposal of soiled items, including face coverings.
- Wear appropriate face coverings when in transit - such as on team buses or planes.

### **4. Practice Healthy Hand Hygiene**

Wash your hands often with soap and water or use hand sanitizer if soap and water are not available; clean frequently touched surfaces regularly; avoid touching your face with unwashed hands; and cover your cough or sneeze with your sleeve, not your hands. You can also consider implementing additional actions like the ones below to help maintain healthy hand hygiene:

- Encourage showering at home or hotel, instead of at the venue locker room.
- Prohibit spitting in the venue.
- Place hand sanitizer in convenient locations.
- Clean towels, uniforms, clothes on-site and minimize the number of people who must touch them.

The NYC Department of Health and Mental Hygiene (DOHMH) has created plain language Frequently Asked Questions for [each sector re-opening in Phase 4](#), in adherence with the New York State guidance.