



Competitive Sports in New York City: What Organizers Need to Know

Those participating in competitive sports must comply with [New York State \(NYS\) sports and recreation requirements](#), including measures designed to reduce the risk of transmission of COVID-19. Additionally, for higher risk sports, as defined by NYS, organizers, spectators and players in New York City (NYC) may not use locker rooms, except for the sole purpose of using the restroom.

The NYS guidelines apply to competitive sports played indoors or outdoors by public and non-public school students, league players and general competitive recreational sports participants. For college or professional sports, please refer to the appropriate [NYS reopening guidelines](#). For NYC Public School Athletic League protocols, please refer to the [NYC Department of Education's website](#).

NYC continues to experience community transmission of COVID-19 and variants of concern have been identified in the city. All New Yorkers should remain vigilant when interacting with people outside of their immediate household and should get vaccinated and practice other public health measures to reduce risk of transmission; staying home if sick or testing positive for COVID-19, wearing a face covering when outside the home, keeping hands clean and maintaining 6 feet of distance.

In addition to following NYS and other applicable guidelines, follow these best practices to further reduce risk of COVID-19 transmission:

- Play sports outdoors.
- Even if playing low- or medium-risk sports, do not use a locker room (including showers), except to access the restroom.
- Implement weekly testing of unvaccinated players and staff. Find a testing site [here](#).
 - Time testing so that results will be available before games or other interactions with other teams.
 - Learn about types of [COVID-19 tests](#), and use molecular diagnostic tests rather than antigen tests, as molecular tests are generally more accurate.
- While traveling with teammates and coaches to and from games:
 - Follow all [NYS requirements](#).
 - Wear a [face covering](#) at all times, unless medically unable to tolerate one or under age 2.
 - If traveling by vehicle:
 - Travel only with people from the same household if possible.
 - If traveling with non-household members, keep windows open and the air system in the non-recirculating mode.

- Limit school bus seats to one person per row, unless passengers are from the same household. Alternate window and aisle seat by row to maximize spacing.
- If food or drink will be consumed before, during or after a practice or game:
 - Eat and drink outdoors only.
 - Do not share food.
 - Wear a face covering when not actively eating or drinking, unless medically unable to tolerate one, or under age 2.
 - Maintain at least 6 feet of physical distance from others, especially when actively eating or drinking, as face coverings will be off, creating additional risk.
- Reduce the number of games to be played during the season to limit interaction with other teams.
- Play without spectators or limit the number of spectators to even fewer people than allowed by NYS.
- Share information about where and how to receive [vaccination](#), which is safe and effective, free and easy to access.

The NYC Health Department may change recommendations as the situation evolves.

5.28.2021