



## Outdoor Activity in New York City: Staying Active While Protecting Yourself and Others From COVID-19

Staying physically active and spending time outdoors can keep your mind and body healthy. When venturing outside for fresh air and physical activity, it is important that you take extra precautions during the ongoing COVID-19 pandemic.

### **Always keep in mind these core four actions for preventing COVID-19:**

- **Stay home if sick:** Stay home if you are sick unless you are leaving for essential medical care (including [testing](#)) or other essential errands.
- **Physical distancing:** Maintain 6 feet of distance from anyone who is not a member of your household whenever possible, even while in the water.
- **Wear a face covering:** Protect those around you. You can be contagious without symptoms and spread the disease when you cough, sneeze or talk. Face coverings help reduce the spread of COVID-19. Wear a face covering if you cannot keep a distance of at least 6 feet from others, unless you are in the water.
- **Wash your hands:** 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 arm, not your hands. Hand sanitizer may not be as effective when hands are dirty or greasy, so wipe sand or sunscreen off first! Reapply sunscreen after hands are dry.

If you are thinking about doing an activity, just ask yourself, “Can I practice the ‘core four’ while doing this?” If the answer is no, find a different activity to enjoy. Also, people at highest risk of severe COVID-19 illness (including older adults and people with underlying health conditions that place them at higher risk) should continue to stay home as much as possible. Visit [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus) and search for “Prevention and Groups at Higher Risk” for more information.

Here are some examples of how you can get outside to enjoy summer safely:

- Biking
- Skateboarding or obstacle courses
- Dance/movement, jump rope or double Dutch, break dancing
- Strength training/track and field
- Gymnastics, yoga, and meditation
- Fishing
- Sprinklers
- Crafting, painting and sculpting
- Photography and filmmaking
- Street chalk art
- Gardening
- Walks with music or podcasts
- Drive-in movies

This list is not all-inclusive — get creative while keeping the core four actions for preventing COVID-19 in mind. As always, drink plenty of water, wear sunscreen and a hat, and have fun!

## **Frequently Asked Questions**

### **Are NYC beaches open?**

Yes. NYC [beaches](#) and outdoor pools (including select Parks Department pools) are allowed to reopen for swimming. If you visit the beach or a pool, keep the core four actions from page 1 in mind at all times and:

- **Do not wear a face covering while in the water.** They can be difficult to breathe through when they are wet. Keep a distance of at least 6 feet from others instead.
- **Don't forget your sun hat, sunscreen and drinking water.**

For more information, visit

[nycgovparks.org/about/health-and-safety-guide/coronavirus](https://nycgovparks.org/about/health-and-safety-guide/coronavirus).

### **Are NYC playgrounds open?**

Yes. For more information, visit [nycgovparks.org/facilities/playgrounds](https://nycgovparks.org/facilities/playgrounds).

### **Can I have a picnic in the park?**

Sure! Just avoid large gatherings, bring your own food instead of sharing, and remember to bring hand sanitizer. Whenever spending time with people who are not in your household, maintain at least 6 feet of distance and always wear a face covering.

### **What should I do if I need to take public transportation to get to an outdoor activity?**

Whenever possible, visit parks and beaches that are close to your home. For all types of transportation, follow the core four actions listed on page 1. Group car rides (also known as shared or pooled rides) are not permitted.

### **Can I take my dog to the park?**

Yes. NYC parks are open to dogs and pet owners to get fresh air and exercise. Your dog must be leashed except for specific times and locations when off leash rules are in effect. When walking your dog, keep at least 6 feet from others. City dog runs are closed until further notice. For details, visit [nycgovparks.org/about/health-and-safety-guide/coronavirus](https://nycgovparks.org/about/health-and-safety-guide/coronavirus).

### **Do I need to wear a face covering when I am exercising, like running or biking?**

No, as long as you maintain at least 6 feet of distance from others.

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

7.22.20