



Visiting Parks and Beaches in New York City: Protect Yourself and Others From COVID-19

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

Here are some tips to help protect yourself and others:

Stay home if you are feeling sick. Do not go to the park or beach.

- People with COVID-19 have reported a wide range of symptoms. Symptoms may appear two to 14 days after exposure to the virus.
- Commonly reported symptoms include:
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell
- People who have or may have COVID-19 should not leave home for recreational activities.
- For more information, visit nyc.gov/health/coronavirus and look for “Symptoms and What to Do When Sick.”

Visit parks, beaches or other open areas that are close to your home.

- Traveling long distances can increase your chance of coming into contact with someone who has COVID-19. It also increases crowding on public transportation and in the streets.

Keep your distance.

- Maintain at least 6 feet of distance between yourself and others. If you are unable to do so, leave that area of the beach or park.

Wear a face covering.

- A face covering is any well-secured paper or cloth such as a bandana or scarf that covers your nose and mouth. Face coverings are a simple but important way to reduce disease transmission.
- New Yorkers over the age of 2 years old are required to wear a face covering when outside the home if they cannot maintain at least 6 feet of distance from others.
- For more information about face coverings, visit nyc.gov/facecoverings.

Practice healthy personal hygiene.

- Wash your hands often with soap and water for at least 20 seconds every time, or use an alcohol-based hand sanitizer when soap and water are not available.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing. Do not use your hands.
- Do not shake hands.
- Avoid unnecessary contact with frequently touched surfaces, such as doorknobs and handrails.
- For more information, visit nyc.gov/health/coronavirus and look for “Prevention and Groups at Higher Risk.”

Do not gather in groups.

- Avoid gathering with others, except household members. Whenever spending time with people who are not in your household, maintain at least 6 feet of distance.
- Do not have play dates for children.

Do not participate in organized sports.

- Group sports such as soccer and basketball require athletes to be in close proximity, which increases the risk of being exposed to COVID-19.

Do not swim at NYC beaches.

- New York City beaches are currently closed for swimming. Walking, running and sitting for brief periods is allowed.

Frequently Asked Questions**Are NYC parks open?**

Yes. For more information, visit nycgovparks.org/about/health-and-safety-guide/coronavirus.

Are NYC beaches open?

NYC beaches are currently closed for swimming. Walking, running and sitting for brief durations are allowed. Maintain at least 6 feet of distance from anyone who is not a member of your household whenever possible. Face coverings should be brought and worn whenever you can't maintain at least 6 feet of distance from others. For more information, visit nycgovparks.org/about/health-and-safety-guide/coronavirus.

Are New York State (NYS) beaches open?

NYS will be opening some beaches outside of NYC on Friday, May 22. Non-NYC beaches will operate at 50% capacity or less and with heightened precautions. For details, visit parks.ny.gov/covid19.

Are NYC pools open?

No. NYC and NYS public pools are closed.

Are NYC playgrounds open?

No. NYC playgrounds are closed until further notice.

What should you do if you 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 general COVID-19 prevention precautions, such as maintaining at least 6 feet from others, wearing a face covering and practicing healthy hand hygiene. Group rides (also known as “shared” or “pooled” rides) are not permitted.

Can I barbecue in the park?

Gatherings and barbecuing are prohibited, and grilling areas are closed. Consider carrying your own food and water, as well as hand sanitizer to use when soap and water are not available. For details, visit nycgovparks.org/about/health-and-safety-guide/coronavirus.

Can I exercise in the park?

Yes. NYC parks are a great place to walk and exercise. While exercising alone or with household members is OK, team sports (such as basketball, football, softball and soccer) are not permitted. Maintain physical distancing, including keeping at least 6 feet from others while running, walking and cycling.

Can I take my dog to the park?

Yes. NYC parks are open to dogs and pet owners to get fresh air and exercise. All off-leash rules still apply. 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.

Resources

- For more information on NYC park services, visit nycgovparks.org/about/health-and-safety-guide/coronavirus.
- For more information on NYS park services, visit parks.ny.gov/covid19.
- For more guidance when visiting parks and recreational facilities, visit cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html.

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

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