



**PHILIPPINE  
SPORTS  
INSTITUTE**

MEDICAL AND SCIENTIFIC ATHLETES SERVICES

# **FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT PER SPORT GUIDELINE**

#PSCKeepsActiveonECQ  
#ProductiveTimeoutwithPSC  
#parasainangbayan  
#IAmSportsPositive

# **BADMINTON**

# FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE

## GUIDELINES FOR BADMINTON

### SPORT SPECIFIC FRAMEWORK

SPORT: BADMINTON	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK  (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (mGCQ)	LOW RISK/ No Community Quarantine covid environment  <b>“NEW NORMAL”</b>
IATF RESTRICTIONS**	Everyone is advised to <b>“Stay - at-Home”</b>  No mass transportation  No interzone travel  No mass gathering  Gyms, fitness facilities are closed	APOR allowed to travel  <20 and 60 and above are to stay at home  Limited mass transportation  Sports travel is still non-essential  No interzone travel – may travel to ECQ  Intrazonal movement allowed	Movement for leisure purposes are not allowed; essential travel only  <20 and 60 and above may be allowed to go outdoors only for exercise.  Intrazonal travel allowed, Interzonal travel allowed  Public transportation allowed to	All persons allowed to move outside of residence  Intrazonal travel allowed, Interzonal travel allowed  Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/table tennis/swimming) are allowed –	NO DETAILED GUIDELINES yet as of May 23, 2020  Intrazonal travel allowed, Interzonal travel allowed

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		<p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone-walks, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>operate at limited capacity</p> <p>Category IV (fitness, kids establishments are still not allowed to operate)</p> <p>School sports are still suspended</p> <p>Interzonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton,</p>	<p>NO SHARING of equipment</p> <p>Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments are allowed to operate at 50% capacity)</p> <p>Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e-bikes encouraged</p> <p>Face to face classes may be conducted but no gatherings.</p> <p>Gathering of up to 10 socially distanced</p>	
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			equestrian and skateboarding are allowed— limited clubhouse basic operations	persons are allowed  Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
SPORT ACTIVITY RECOMMENDATIONS	Movement is limited within own residence	<p>Players aged 20 to 59 are now allowed to go outdoors within their own zone to do non-contact training modalities like jogging, biking, footwork and racket training.</p> <p>Players aged below 20 and above 60 are still limited to exercising within their own residence</p> <p>Rallies between players using shuttlecock</p>	<p>Players can now play singles outdoors</p> <p>Leave when training and playing is done</p>	<p>Players can now use facilities within and outside their zone at 50% capacity</p> <p>Only singles can be played. Doubles are still not allowed.</p> <p>During training exercises, only one player and one coach is allowed inside the court at a time while maintaining physical distancing</p>	May consider doubles once approved by the IATF

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		is still not allowed			
GENERAL, HYGIENE RECOMMENDATIONS	Mask use is optional  Sanitize equipment after use	Mask use is a must when going outdoors for exercise  Mask use is optional during the actual exercise  Bring own equipment and sanitation materials  Wash hands upon arrival at residence	LEVEL A,B <b>PLUS....</b>  Health declaration for the past 14 days  Always observe a distance of at least 2 meters between individuals  No sharing of rackets when playing outdoors  Have towel and sanitation materials accessible in playing area  Avoid wiping sweat on face	LEVEL A,B,C PLUS  Health declaration for the past 14 days  No locker room use  Bring own drinking bottles and water  Health declaration form from players and coaches  Wear mask when not playing	Health declaration for the past 14 days  CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANTS IN PREPARATION <b>FOR "ACTUAL"</b> RESUMPTION OF ORGANIZED SPORT
FACILITY RECOMMENDATIONS	N/A	N/A	N/A	Facility observes scheduling of players	CONSIDER TESTING FACILITY STAFF

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				<p>Ensure proper ventilation</p> <p>Place barriers around areas where people are not allowed to stay</p> <p>Organize chairs and benches where people can rest while maintaining physical distancing.</p> <p>Place alcohol or hand sanitizers in designated areas around the facility</p> <p>Facility manager is allowed to reject players who come outside their schedule</p> <p>Facility protocols for disinfection are enforced</p> <p>Assign a team safety</p>	
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				protocol officer	
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	One companion is allowed for minors provided companion is cleared from the virus and is properly protected and distanced	No other spectators allowed to watch players while playing