

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



**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

**Bowling**

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

**SPORT SPECIFIC FRAMEWORK**

BOWLING	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 "NEW NORMAL"

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

<p>IATF RESTRICTIONS* *</p>	<p>Everyone is advised to “Stay -at-Home”</p> <p>No mass transportation</p> <p>No interzone travel</p> <p>No mass gathering</p> <p>Gyms, fitness facilities are closed</p>	<p>APOR allowed to travel &lt;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 No mass gathering Sporting events are prohibited Gyms, fitness facilities are closed Water parks are not allowed to operate Individual, Outdoor exercises are allowed within the zone- walks, jogs, biking, running Rehab clinics are on skeletal workforce No face to face school classes</p>	<p>Movement for leisure purposes are not allowed; essential travel only &lt;20 and 60 and above may be allowed to go outdoors only for exercise Intrazonal travel allowed, Interzonal travel allowed Public transportation allowed to operate at limited capacity Category IV (fitness, kids establishments are still not allowed to operate) School sports are still suspended Interzonal movement allowed No mass gathering Sporting events are prohibited Gyms, fitness facilities are closed No face to face classes; school sporting events are not allowed Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited</p>	<p>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 SHARING of equipment Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena Category IV (fitness, kids establishments are allowed to operate at 50% capacity) Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged Face to face classes may be conducted but no gatherings. Gathering of up to 10 socially distanced persons are allowed</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>
---------------------------------	--	---	---	---	--

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

			clubhouse basic operations	Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
SPORT ACTIVITIES RECOMMENDATIONS	Home training only Bowling movement-related skills exercises Mental training (Sports Psychology Sessions) via online video meetings and other Social chat group applications	Home training only Bowling movement-related skills exercises Mental training (Sports Psychology Sessions) via online video meetings and other Social chat group applications Solo jogging around the area	Home training only Bowling movement-related skills exercises Mental training (Sports Psychology Sessions) via online video meetings and other Social chat group applications Solo jogging around the area	Training at bowling centers will resume with the following restrictions: -a maximum of 4 bowlers per 2 lanes - bowlers that are waiting for their turn to throw will remain seated -bowlers will have a counter-clockwise flow of the seats the whole duration of the training to apply social distancing -No sharing of equipment Psychological and S&C sessions will be held through either online meetings or group meetings(can be divided into online and on site in one session) with applied proper restrictions (maximum of 10 person)	Training methods will return to normal with proper guidelines from IATF

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

<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Use of mask</p> <p>Hand washing</p> <p>Showering immediately after training sessions at home</p> <p>Regular use of alcohol</p>	<p>Use of mask</p> <p>Hand washing</p> <p>Showering immediately after training sessions at home</p> <p>Protocol for disinfection are enforced</p> <p>Regular use of alcohol</p>	<p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form</p> <p>Use of mask</p> <p>Hand washing</p> <p>Showering immediately after training sessions at home</p> <p>Protocol for disinfection are enforced</p>	<p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form</p> <p>Use of mask(only during skills training)</p> <p>Hand washing</p> <p>Showering at home after training</p> <p>Protocol for disinfection are enforced -spraying of alcohol to ball towels which will be used for</p>	<p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form</p> <p>Use of mask(only during skills training)</p> <p>Hand washing</p> <p>Showering at home after training</p> <p>Protocol for disinfection are enforced</p>
--	---	---	---	--	---

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

			<p>Social distancing between persons</p> <p>Regular use of alcohol</p>	<p>cleaning bowling balls) -seat area are to be disinfected</p> <p>Social distancing between persons</p> <p>Regular use of alcohol Everyone should have their own plastic containers for rosin bags, towels and other personal paraphernalia</p>	<p>-spraying of alcohol to ball towels which will be used for cleaning bowling balls) -seat area are to be disinfected</p> <p>Social distancing between persons</p> <p>Consider testing and vaccination of players/athletes/ participants and facility staffs</p>
--	--	--	--	--	---

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

<p>FACILITY RECOMMENDATIONS</p>	<p>No bowling centers are allowed to operate</p>	<p>No bowling centers are allowed to operate</p>	<p>No bowling centers are allowed to operate</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced to training area and equipment</p> <ul style="list-style-type: none"> <li>-installation of disinfectant mats -</li> <li>-availability of thermal scanners</li> <li>-availability of alcohol and sanitizers at all times</li> <li>-disinfection of training area and seats every after use</li> </ul> <p>Engineering and safety protocols in place</p>	<p>Equipment sanitizing</p> <p>Protocol for disinfection are enforced to training area and equipment</p> <ul style="list-style-type: none"> <li>-installation of disinfectant mats</li> <li>-availability of thermal scanners</li> <li>-availability of alcohol and sanitizers at all times</li> <li>-disinfection of training area and seats every after use</li> </ul> <p>Engineering and safety protocols in place</p>
---------------------------------	--	--	--	---	---

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

SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	No spectators allowed  Max one companion as necessary- properly protected and distanced	Limited number of spectators allowed