



**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

## **CEREBRAL PALSY FOOTBALL**

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

## GUIDELINES FOR CEREBRAL PALSY FOOTBALL

SPORT SPECIFIC FRAMEWORK					
	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (MGCCQ)	LOW RISK/ No Community Quarantine COVID environment <b>“NEW NORMAL”</b>
IATF RESTRICTIONS**	<p>Everyone is advised to <b>“Stay -at- Home”</b></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</p> <p>&lt;20 and 60 and above are to stay at home</p> <p>Limited mass transportation</p> <p>Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ</p>	<p>Movement for leisure purposes are not allowed; essential travel only</p> <p>&lt;20 and 60 and above may be allowed to go outdoors only for exercise</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Public transportation allowed to operate at limited capacity</p> <p>Category IV (fitness, kids establishments)</p>	<p>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/table tennis/swimming) are allowed – NO SHARING of equipment</p> <p>Sporting events of the above</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

		<p>Intrazonal movement allowed</p> <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>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, equestrian and skateboarding are allowed—limited</p>	<p>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 persons are allowed</p> <p>Gyms, indoor fitness facilities are</p>	
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			clubhouse basic operations	allowed to operate at maximum 50% capacity	
CP FOOTBALL ACTIVITY SUGGESTIONS	<p>door home exercise program / routine within own house premises / property (general fitness, strengthening exercises, mobility stretching exercises, balance)</p> <p>Use of own equipment</p> <p>Online coaching via live video stream or supervised / monitored drills and team online video exercise session</p>	<p>Solo indoor/ outdoor home exercise program / routine within home premise only (ball drills, agility drills, cardio exercises in place)</p> <p>Use of own equipment</p> <p>Online coaching via live video stream or supervised / monitored drills and team online video exercise session</p>	<p><u>*Pending Approval of IATF as a GCO Activity</u></p> <p>Solo indoor/ outdoor home exercise program/ routine within home premise only (goal kick, dribbling, ball drills)</p> <p>Use of own equipment only</p> <p>Online coaching via live video stream or supervised, monitored drills and team online video exercise session</p>	<p><u>*Pending Approval of IATF as a MGCO Activity</u></p> <p>Multiple PPI is present but physical distancing is still observed (ball passing, run with the ball, goal kick) no physical / body contact (no scrimmage)</p> <p>Use of own equipment only</p> <p>Sharing of indoor or outdoor public space will only be allowed if each person can maintain a distance of <math>\geq 10m</math> but not <math>&lt; 3m</math></p> <p>Coach and athlete must observe proper distancing and wearing of face mask</p>	<p><u>*Pending Approval of IATF as a New Normal Activity</u></p> <p>Indoor or outdoor facility - based practice</p> <p>Maximum 4 a side (goalkeeper included) play simulations</p> <p>No deliberate contact</p> <p>One on one PPI with the coach for personal skills development, maintaining at least 1m physical distance</p> <p>One on one PPI with the physiotherapist for wellness, maintaining at least 1m physical distance</p> <p>A COVID safety officer must be assigned to</p>

				<p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p>	<p>make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p> <p>Consider testing and Vaccination for players / athletes / staff / participants</p>
GENERAL HYGIENE RECOMMENDATIONS	<p>Use of own equipment and location</p> <p>Mask use is optional; frequent hand washing</p>	<p>Use of own equipment and enclosed public area</p> <p>Mask use is recommended; frequent hand washing; disinfection protocol if with equipment (change of footwear when indoors and outdoors)</p>	<p>Use of limited public equipment (goal, bench, chairs, tables)</p> <p>Mask use is required; frequent hand washing; disinfection of equipment (ball, footwear, clothes)</p> <p>Cross-contamination precautions (water bottles, towel)</p> <p>Physical distancing</p>	<p>Use of equipment indoor and outdoor with shared PPI</p> <p>Mask use is required; frequent hand washing; disinfection of equipment (ball, footwear, clothes)</p> <p>Physical distancing</p> <p>Cross-contamination precautions (water bottles, towel)</p>	<p>Use of public and private equipment with limited number of users per hour / session max of 10</p> <p>Mask use is required; frequent hand washing; disinfection of equipment (ball, footwear, clothes)</p> <p>Physical distancing</p> <p>Cross-contamination</p>

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					precautions (water bottles, towel)
FACILITY RECOMMENDATIONS				<p>If facility is permitted to open, protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage</p> <p>Disinfection of facilities</p> <p>Engineering and safety protocols in place</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p>	<p>Protocols for disinfection are regularly and strictly enforced</p> <p>Engineering and safety protocols in place</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p>
SPECTATOR ADDITIONAL PERSONNEL	-n/a	-n/a	Only one accompanying person if a child or minor/ para athlete	<p>No spectators allowed</p> <p>Max one companion as necessary- properly protected and distanced</p>	<p>No spectators allowed</p> <p>Max one companion as necessary- properly protected and distanced</p>