

# **DANCESPORT**

SPORT SPECIFIC FRAMEWORK					
SPORT:	A	B	C	D	E
DANCESPORT					
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (mGCQ)	LOW RISK/ "NEW NORMAL"
IATF RESTRICTIONS**	<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</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>Intrazonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</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 are still not allowed to operate)</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 category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</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>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 clubhouse basic operations</p>	<p>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 allowed to operate at maximum 50% capacity</p>	
<p><b>DANCESPORT ACTIVITY RECOMMENDATIONS</b></p>	<p>Training inside own premises such as</p> <p>Physical conditioning/ Individual skills training</p>	<p>Training inside own premises (including garage) such as</p> <p>Physical conditioning/ Individual skills training</p>	<p>Training inside own premises (including garage) such as</p> <p>Physical conditioning/ Individual skills training</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCQ ACTIVITY</u></p> <p>Dancesport couples or partners may be</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u></p> <p>Dancesport couple or partners may be</p>

		Short distance running/jogging will be allowed within the zone.	Short distance running/jogging will be allowed within the zone.	<p>allowed to train, pending approval of IATF</p> <p>Group classes and Individual lessons or training with coaches may be allowed, if approved by IATF</p> <p>Athletes are not allowed to travel abroad for training and/or competitions</p> <p>Minor Dancesport events such as congresses, training camps are not allowed.</p>	<p>allowed to train, pending approval of IATF.</p> <p>Group classes and Individual lessons or training with coaches may be allowed, if approved by IATF</p> <p>Athletes may be allowed to travel abroad for training and/or competitions, pending approval of IATF</p> <p>Minor Dancesport events such as congresses, training camps and local competitions may be allowed, if approved by IATF.</p>
<b>GENERAL HYGIENE RECOMMENDATIONS</b>	Hand washing.	Hand washing.	Hand washing.	<p>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form.</p> <p>Athletes/Coaches with symptoms will be advised to stay at home</p> <p>Wearing of face masks/face shield is required</p> <p>Ensure social distancing of at least 2 meters during group classes and individual training with coaches</p> <p>Players must arrive at the venue in</p>	<p>Frequent hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form.</p> <p>Athletes/Coaches with symptoms will be advised to stay at home</p> <p>Wearing of face masks/face shield is required</p> <p>Ensure social distancing of at least 2 meters during group classes and individual training with coaches</p> <p>Players must arrive at the venue in</p>

				<p>proper training attire</p> <p>Players must handle their own towels exclusively</p>	<p>proper training attire</p> <p>Players must handle their own towels exclusively</p>
<b>FACILITY RECOMMENDATIONS</b>	N/A	N/A	N/A	<p>Health and Safety control officers will be assigned</p> <p>Body temperatures will be taken by the Health and Safety officer upon entry</p> <p>Regular cleaning and disinfection of studios and fitness gyms before and after use</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p> <p>Group classes or training sessions are allowed but limited to 50% capacity of the facility</p> <p>Use of communal areas such as changing rooms and locker rooms are not allowed</p>	<p>Health and Safety control officers will be assigned</p> <p>Body temperatures will be taken by the Health and Safety officer upon entry</p> <p>Regular cleaning and disinfection of studios and fitness gyms before and after use</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p> <p>Group classes or training sessions are allowed but limited to 50% capacity of the facility</p> <p>Use of communal areas such as changing rooms and locker rooms are not allowed</p>
<b>SPECTATORS AND ADDITIONAL PERSONNEL</b>				<p>No spectators allowed</p> <p>Max. of 1 companion, if athlete is a minor</p>	<p>No spectators allowed</p> <p>Max. of 1 companion, if athlete is a minor</p>

