



**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

EQUESTRIAN

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GUIDELINES FOR EQUESTRIAN

SPORT SPECIFIC FRAMEWORK					
SPORT:	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCO)	MODERATE RISK (mGCO)	LOW RISK/ No Community Quarantine covid environment “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><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>Movement for leisure purposes are not allowed; essential travel only</p> <p><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</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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</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- wllaks,jogs,biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>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, equestrian and skateboarding are allowed— limited clubhouse</p>	<p>(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 allowed to operate at</p>	
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			basic operations	maximum 50% capacity	
EQUESTRIAN ACTIVITY RECOMMENDATIONS	<p>Athletes can train within owned premises only</p> <p>Online coaching may be used for skills and resistance training.</p>	<p>Athletes can train within owned premises, areas fronting the household, only</p> <p>Athletes/players <20 and 60 will train within owned premises only.</p> <p>Online coaching may be used for skills and resistance training.</p>	<p>Can train in private clubs with social distancing observed</p> <p>Grooms (Horse handlers) are allowed but will be required to wear a mask at all times and to maintain a safe distance.</p> <p>No sharing of personal riding equipment</p> <p>Regular disinfection of training equipment</p>	<p>Can train in private clubs with social distancing observed</p> <p>Grooms (Horse handlers) are allowed but will be required to wear a mask at all times and to maintain a safe distance.</p> <p>No sharing of personal riding equipment</p> <p>Regular disinfection of training equipment</p> <p>Athletes are required to wear a mask before and after training.</p>	<p>Normal training environment and competitions with preventive recommendations if approved by the IATF</p> <p>Grooms (Horse handlers) are allowed but will be required to wear a mask at all times and to maintain a safe distance.</p> <p>No sharing of personal riding equipment</p> <p>Regular disinfection of training equipment</p>
EQUESTRIAN GENERAL HYGIENE RECOMMENDATIONS	Frequent handwashing and personal hygiene practices	Frequent handwashing and personal hygiene practices	Athletes are required to wear a mask before and after training.	<p>Social Distancing required</p> <p>Frequent handwashing</p>	Social distancing and personal hygiene practices to be

			<p>Social Distancing is required.</p> <p>Frequent handwashing and personal hygiene practices</p>	<p>and personal hygiene practices</p>	<p>strongly recommended</p>
<p>EQUESTRIAN FACILITY RECOMMENDATIONS</p>	N/A	N/A	<p>Facility must have and enforce disinfection of equipment and common spaces</p> <p>Assignment of safety protocol officer</p> <p>Limited number of persons in arena and common spaces based on space availability</p> <p>Contact Tracing Capability for the venue</p> <p>Athletes will be asked to submit a health declaration form and a covid exposure</p>	<p>Facility must have and enforce disinfection of equipment and common spaces</p> <p>Assignment of safety protocol officer</p> <p>Limited number of persons in arena and common spaces based on space availability</p> <p>Athletes will be asked to submit a health declaration form and a covid exposure form before entry</p>	<p>Regular cleaning and disinfection</p> <p>Consider testing and vaccination for players/athletes/participants/and facility staff</p> <p>Use of public equipment is allowed with proper sanitation</p> <p>Athletes will be asked to submit a health declaration form and a covid exposure form before entry</p>

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			form before entry	Facility will open at 50% capacity.	Facility will open at 50% capacity.
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	Engineering and safety protocols officer Assignment of team safety protocol officer	Engineering and safety protocols officer Assignment of team safety protocol officer	Engineering and safety protocols officer Assignment of team safety protocol officer