



**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

FIN SWIMMING

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

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 (mGCQ)	LOW RISK/ No Community Quarantine covid environmen t "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 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>Water parks are not</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 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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<p>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>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 maximum 50% capacity</p>	
<p>FINSWIMMING RECOMMENDATIONS</p>	<p>Workout within their home or personally</p>	<p>Same as ECQ</p>	<p>Solo use of a public swimming pool by appointment</p>	<p>Multiple person interaction involving land drills maybe done,</p>	<p>Non-contact individualized pre-appointment workouts</p>

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	<p>owned properties</p> <p>Online coaching/ drills /interactive e-workouts</p>		<p>with no person to person interaction and sharing of equipment.</p> <p>Use of lane dividers for lap training; start on opposite ends of the pool.</p> <p>All finswimmers must not spit, urinate, or blow their noses in the water.</p> <p>Fin Swimmers must take their showers, self-disinfect, and wear their face mask before leaving.</p> <p>Assign a facility COVID-19 Health Safety Officer</p>	<p>adequately distanced and no contact play or scrimmage (i.e. full body warm-up exercises, finswimming drills)</p> <p>No deliberate body contacts for person-to-person classes.</p>	<p>for participants.</p> <p>No deliberate contact</p> <p>No common shower or changing areas</p> <p>Get in, get out</p> <p>During pool exercises, maximum of 2 fin swimmers are allowed per lane.</p>
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Use of masks is optional in home training.</p> <p>Proper hand washing protocols.</p>	<p>Use of masks is optional in home training.</p> <p>Proper hand washing protocols.</p>	<p>Strict observation of use of masks, physical/social distancing, and handwashing protocols.</p>	<p>Strict observation of use of masks, physical/social distancing, and handwashing protocols.</p>	<p>Strict observation of use of masks, physical/social distancing, and handwashing protocols.</p>

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FACILITY RECOMMENDATIONS	N/A	N/A	<p>Temperature will be checked using a thermal scanner at the pool entrance.</p> <p>All persons must fill up a Health Declaration and COVID-19 Exposure form before entering the facility.</p> <p>No one can go inside the office/locker room.</p> <p>Everyone must bring their own equipment, personal toiletries, and other belongings which will be stored at the shower room</p> <p>Limited time for shower use.</p>	<p>Equipment is sanitized</p> <p>All athletes must shower before and after their training sessions.</p> <p>Engineering and safety protocols will be enforced</p>	
Spectator / Additional Personnel	N/a	N/a	<p>No spectators allowed</p> <p>Maximum one (1) companion if athlete is a minor –</p>	<p>No spectators allowed</p> <p>Maximum one (1) companion if athlete is a minor –</p>	<p>No spectators allowed</p> <p>Maximum one (1) companion</p>

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			<p>properly protected and distanced</p> <p>Only fin swimmers and coaches can be in the pool premises. Parents or guardians must stay at the designated waiting area only</p>	<p>properly protected and distanced</p> <p>Only fin swimmers and coaches can be in the pool premises. Parents or guardians must stay at the designated waiting area only</p>	<p>if athlete is a minor – properly protected and distanced</p> <p>Only fin swimmers and coaches can be in the pool premises. Parents or guardians must stay at the designated waiting area only</p>
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