



**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

# **GOLE**

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

SPORT SPECIFIC FRAMEWORK					
	A	B	C	D	E
<p>COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING</p>	<p>HIGH RISK (ECQ)</p>	<p>HIGH RISK (MECQ)</p>	<p>MODERATE RISK (GCQ)</p>	<p>MODERATE RISK (mGCQ)</p>	<p>LOW RISK/ No Community Quarantine covid environment <b>“NEW NORMAL”</b></p>
<p>IATF RESTRICTIONS**</p>	<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 &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>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone- walks, jogs, biking, running</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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<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 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>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 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>	
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				<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>	
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GOLF	<p>Individual indoor solo work out and training (upper body, spine, trunk rotational workouts, golf swings, pitch, putting if with own equipment.)</p> <p>Aerobics, stretching, resistance, strength and conditioning, if with access to</p>	<p>Individual indoor solo work out and training (upper body, spine, trunk rotational workouts, golf swings, pitch, putting if with own equipment.)</p> <p>Individual agility training, resistance training and work out within the perimeter of the house.</p>	<p>Full training. Golf may be played in the Golf Course.</p> <ul style="list-style-type: none"> <li>- Maintain at least 1.5m between players and caddies.</li> <li>- Flight schedule by appointment</li> <li>- Players and caddies wearing face masks</li> <li>- A Fairway or green utility caddy must be provided per hole to replace divots, retrieve balls, etc</li> <li>- No Umbrella</li> <li>Girls on the flight</li> <li>- No clubhouse, locker room or</li> </ul>	<p>Full training. Golf may be played in the Golf Course.</p> <ul style="list-style-type: none"> <li>- Maintain at least 1.5m between players and caddies.</li> <li>- Flight schedule by appointment</li> <li>- Players and caddies wearing face masks</li> <li>- A Fairway or green utility caddy must be provided per hole to replace divots, retrieve balls, etc</li> </ul>	<p>Full training and competition. Golf may be played in the Golf Course.</p> <ul style="list-style-type: none"> <li>- No sharing of equipment</li> <li>- Maintain at least 1.5m between players and caddies.</li> <li>- Flight schedule by appointment</li> <li>- Players and caddies advised to wear face masks</li> <li>- A Fairway or green utility</li> </ul>
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	<p>own equipment (weights, dumbbells, bands) which can be done inside the house.</p> <p>Private putt training at home if available.</p> <p>Online coaching and monitoring</p>	<p>Strength and conditioning, if with access to own equipment (weights, dumbbells, bands).</p> <p>Private putt training at home if available.</p> <p>Online coaching and monitoring</p>	<p>changing room interaction</p> <ul style="list-style-type: none"> <li>- Adequate signage to remind players about hygiene measures, wearing of face masks and social distancing</li> <li>- A COVID safety officer must be assigned to make sure health measures are implemented</li> <li>- A Health Declaration form complete with contact details must be filled up prior to playing for possible contact tracing</li> <li>- Clubhouse Restaurant, Locker or Changing Rooms and Golf Shops to remain closed</li> <li>*Please refer to NGAP attachment for additional recommendations</li> </ul>	<ul style="list-style-type: none"> <li>- No Umbrella Girls on the flight</li> <li>- No clubhouse, locker room or changing room interaction</li> <li>- Adequate signage to remind players about hygiene measures, wearing of face masks and social distancing</li> <li>- A COVID safety officer must be assigned to make sure health measures are implemented</li> <li>- A Health Declaration form complete with contact details must be filled up prior to playing for possible contact tracing</li> <li>- Clubhouse Restaurant, Locker or Changing Rooms and Golf Shops to remain closed</li> <li>*Please refer to NGAP attachment for additional recommendations</li> </ul>	<p>caddy must be provided per hole to replace divots, retrieve balls, etc</p> <ul style="list-style-type: none"> <li>- Minimize clubhouse, locker room or changing room interaction</li> <li>- Adequate signage to remind players about hygiene measures, wearing of face masks and social distancing</li> <li>- A COVID safety officer must be assigned to make sure health measures are implemented</li> <li>- A Health Declaration form complete with contact details must be filled up prior to playing for possible contact tracing</li> <li>*Please refer to NGAP attachment for additional recommendations</li> </ul>
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<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>MASK USE IS OPTIONAL DURING HOME TRAINING</p> <p>HANDWASHING IS REQUIRED</p>	<p>MASK USE IS OPTIONAL DURING HOME TRAINING</p> <p>HANDWASHING IS REQUIRED</p>	<p>MASK USE IS REQUIRED DURING OUTDOOR TRAINING</p> <p>HANDWASHING IS REQUIRED</p> <p>Please see attached for more recommendation by NGAP</p>	<p>MASK USE IS REQUIRED DURING OUTDOOR TRAINING</p> <p>HANDWASHING IS REQUIRED</p> <p>Please see attached for more recommendation by NGAP</p>	<p>MASK USE IS REQUIRED DURING OUTDOOR TRAINING</p> <p>HANDWASHING IS REQUIRED</p> <p>Please see attached for more recommendation by NGAP</p>
<p>FACILITY RECOMMENDATIONS</p>	<p>N/A</p>	<p>N/A</p>	<ul style="list-style-type: none"> <li>- A Fairway or green utility caddy must be provided per hole to replace divots, retrieve balls, etc</li> <li>- No Umbrella Girls on the flight</li> <li>- No clubhouse, locker room or changing room interaction</li> <li>- Clubhouse Restaurant, Locker or Changing Rooms and Golf Shops to remain closed</li> <li>- A Health Declaration form complete with contact details must be filled up prior to playing for possible contact tracing.</li> </ul>	<ul style="list-style-type: none"> <li>- A Fairway or green utility caddy must be provided per hole to replace divots, retrieve balls, etc</li> <li>- No Umbrella Girls on the flight</li> <li>- No clubhouse, locker room or changing room interaction</li> <li>- Clubhouse Restaurant, Locker or Changing Rooms and Golf Shops to remain closed</li> <li>- A Health Declaration form complete with contact details must be filled up prior to playing for</li> </ul>	<ul style="list-style-type: none"> <li>- A Fairway or green utility caddy must be provided per hole to replace divots, retrieve balls, etc</li> <li>- Minimize clubhouse, locker room or changing room interaction</li> <li>- A Health Declaration form complete with contact details must be filled up prior to playing for possible contact tracing</li> <li>- Waiver form for senior golfers and</li> </ul>

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			- Waiver form for senior golfers and those with comorbidities.	possible contact tracing. - Waiver form for senior golfers and those with comorbidities.	those with comorbidities
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	ONLY ONE ACCOMPANYING PERSON IF A CHILD	NO SPECTATORS ALLOWED  MAXIMUM ONE COMPANION AS NECESSARY - PROPERLY PROTECTED AND DISTANCED	NO SPECTATORS ALLOWED  MAXIMUM ONE COMPANION AS NECESSARY PROPERLY PROTECTED - AND DISTANCED