



**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

HANDBALL

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SPORT SPECIFIC FRAMEWORK					
SPORT: HANDBALL	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 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 <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</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</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>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 maximum 50% capacity</p>	
SPORT ACTIVITY RECOMMENDATIONS	Movement is limited within	Players aged 20 to 59 are now allowed to go OUTDOORS	*FOR RECOMMENDATION, PENDING APPROVAL OF IATF	*FOR RECOMMENDATION, PENDING	*FOR RECOMMENDATION, PENDING

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	<p>own residence</p> <p>Home-based workout (strength and conditioning exercises and individual skills training that can be done subject to space and equipment availability</p> <p>Online team activities (Team meetings, mental skills training, movement analysis</p>	<p>within their own zone to do non-contact training modalities like jogging, biking and strength training using own equipment</p> <p>Players aged below 20 and above 60 are still limited to exercising within their own residence</p>	<p>Players below 20 and above 60 are now allowed to train non-contact drills outdoors but should leave immediately once training is done</p> <p>Individual use of a public space or a community court with no person to person interaction or equipment sharing</p> <p>Training facilities remain closed</p> <p>Stay at home and seek consult if experiencing symptoms</p>	<p>APPROVAL OF IATF</p> <p>Players can now use training facilities within and outside their zone at 50% capacity</p> <p>Multiple person interaction such as passing and shooting drills. Technical skills training designed to ensure proper spacing w/o body contact among participants</p> <p>Spacing recommendation: minimum 2 meters</p> <p>Stay at home and seek consult if experiencing symptoms</p>	<p>APPROVAL OF IATF</p> <p>Scrimmages to commence once approved by IATF</p>
<p>GENERAL, HYGIENE RECOMMENDATIONS</p>	<p>Mask use is optional</p> <p>Sanitize equipment after use</p>	<p>Mask use is a must when going outdoors for exercise</p> <p>Mask use is optional during the actual exercise</p>	<p>Health declaration for the past 14 days</p> <p>Always observe a distance of at least 2 meters between individuals</p>	<p>Health declaration for the past 14 days</p> <p>No locker room use</p> <p>Bring own drinking</p>	<p>Health declaration for the past 14 days</p> <p>CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANT</p>

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		<p>Bring own equipment and sanitation materials</p> <p>Wash hands upon arrival at residence</p>	<p>No sharing of equipment</p> <p>Have towel and sanitation materials accessible in training area</p> <p>Avoid wiping sweat on face</p>	<p>bottles and water</p> <p>Use mask when not in actual training session at all times inside training premises</p>	<p>S IN PREPARATIO N FOR "ACTUAL" RESUMPTIO N OF ORGANIZED SPORT</p>
FACILITY RECOMMENDATIONS	N/A	N/A	N/A	<p>Ensure proper ventilation</p> <p>Appointment basis for the use of facility</p> <p>Place barriers around areas where people are not allowed to stay</p> <p>Organize chairs and benches where people can rest while maintaining physical distancing.</p> <p>Place alcohol or hand sanitizers in designated areas around the facility</p> <p>Facility manager is allowed to reject players who come</p>	<p>CONSIDER TESTING FACILITY STAFF</p>

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				<p>outside their schedule</p> <p>Facility protocols for disinfection are enforced</p> <p>Assign a team safety protocol officer</p>	
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	<p>No spectators allowed</p> <p>Maximum one companion as necessary – properly protected and distanced</p>	<p>No spectators allowed</p> <p>Maximum one companion as necessary – properly protected</p>