



**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

JIU-JITSU

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

SPORT SPECIFIC FRAMEWORK					
JIU-JITSU	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**	Everyone is advised to “Stay -at-Home” No mass transportation No interzone travel No mass gathering Gyms, fitness facilities are closed	APOR allowed to travel <20 and 60 and above are to stay at home Limited mass transportation Sports travel is still non-essential No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering	Movement for leisure purposes are not allowed; essential travel only <20 and 60 and above may be allowed to go outdoors only for exercise Intrazonal travel allowed, Interzonal travel allowed Public transportation allowed to operate at limited capacity Category IV (fitness, kids establishments are still not	All persons allowed to move outside of residence Intrazonal travel allowed, Interzonal travel allowed Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/table tennis/swimming) are allowed – NO SHARING of equipment Sporting events of the above category (indoor and outdoor non-contact	NO DETAILED GUIDELINES yet as of May 23, 2020 Intrazonal travel allowed, Interzonal travel allowed

		<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>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>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 basic operations</p>	<p>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>	
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SPORT ACTIVITY SUGGESTION	<p>Workout at Home, either solo or group via videoconferencing</p> <p>Solo workouts recommended by coaches</p> <p>Group workouts supervised by coaches within the same premises/households</p>	<p>Workout at Home, either solo or group via videoconferencing</p> <p>Solo workouts recommended by coaches</p> <p>Group workouts supervised by coaches within the same premises/households</p> <p>Outdoor workouts could be incorporated such as running</p>	<p>Workout at Home, either solo or group via videoconferencing</p> <p>Solo workouts recommended by coaches</p> <p>Group workouts supervised by coaches within the same premises/households</p> <p>Outdoor workouts could be incorporated such as running</p>	<p>Workout at Home, either solo or group via videoconferencing</p> <p>Solo workouts recommended by coaches</p> <p>Group workouts supervised by coaches within the same premises/households</p> <p>Outdoor workouts could be incorporated such as running</p>	<p>Workout at Home, either solo or group via videoconferencing</p> <p>Solo workouts recommended by coaches</p> <p>Group workouts supervised by coaches</p> <p>Outdoor workouts could be incorporated such as running</p> <p>Await government/PHSC advice on resumption of contact training</p>
GENERAL HYGIENE RECOMMENDATIONS	<p>No Mask</p> <p>Immediate shower after all activities</p>	<p>Use mask according to government policy</p> <p>Social distancing to be strictly observed</p> <p>Immediate shower</p>	<p>Use mask according to government policy</p> <p>Social distancing to be strictly observed</p> <p>Immediate shower after all activities</p>	<p>Use mask according to government policy</p> <p>Social distancing to be strictly observed</p> <p>Immediate shower after all activities</p>	<p>Use mask according to government policy</p> <p>Social distancing to be strictly observed</p> <p>Immediate shower after all activities</p>

		after all activities			<p>Seek help from government/PS on testing procedure in preparation for resumption of contact activities</p> <p>Consider testing and vaccination players/athletes/participant and facility staff</p>
FACILITY RECOMMENDATIONS	<p>All facilities /training venues/clubs are closed</p> <p>Disinfect mats</p> <p>Disinfect equipment</p>	<p>All facilities /training venues/clubs are closed</p> <p>Disinfect mats</p> <p>Disinfect equipment</p>	<p>All facilities /training venues/clubs are closed</p> <p>Disinfect mats</p> <p>Disinfect equipment</p>	<p>All facilities /training venues/clubs are closed</p> <p>Disinfect mats</p> <p>Disinfect equipment</p>	<p>All facilities /training venues/clubs are closed</p> <p>Disinfect mats</p> <p>Disinfect equipment</p>
SPECTATOR ADDITIONAL PERSONNEL	NO SPECTATORS ALLOWED				