



**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

# JUDO

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

## GUIDELINES FOR JUDO

SPORT SPECIFIC FRAMEWORK					
JUDO	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (MGCO)	LOW RISK/ No Community Quarantine covid environment  <b>"NEW NORMAL"</b>
IATF RESTRICTIONS* *	<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</p> <p>&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</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>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>	IATF RESTRICTIONS**

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		<p>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>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 RECOMMENDATIONS	<p>Training at Home Dojo is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> <li>Individual Sports-specific Drills</li> </ul>	<p>Training at Home Dojo is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> <li>Individual Sports-specific Drills</li> <li>Strength training, utilizing</li> </ul>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCO ACTIVITY</u></p> <p>Training at Home Dojo is allowed.</p> <p>Individual Home Program/Online Coaching:</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCO ACTIVITY</u></p> <p>Training at public Dojo is allowed at 50% of maximum capacity.</p> <p>Individual Training Sessions are allowed:</p>	<p>IF ALLOWED:</p> <p>Partner drills (e.g. throwing, grappling) and Sparring may be conducted.</p> <p>Virtual Kata(Form)</p>

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	<ul style="list-style-type: none"> <li>• Strength training, utilizing available home equipment .</li> <li>• Conditioning drills at home.</li> </ul>	<p>available home equipment.</p> <ul style="list-style-type: none"> <li>• Conditioning drills may be done outside but only within the area of residence.</li> </ul> <p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> <li>- Tendoku-renshu (individual work)</li> <li>- Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li> <li>- Ukemi Exercises(fall)</li> <li>- Postures, movement, coordination, mobility, core-stability, taiso, etc.</li> <li>- No equipment is used</li> </ul>	<ul style="list-style-type: none"> <li>• Individual Sports-specific Drills</li> <li>• Strength training, utilizing available home equipment.</li> <li>• Conditioning drills may be done outside but only within the area of residence.</li> </ul> <p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> <li>- Tendoku-renshu (individual work)</li> <li>- Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually)</li> <li>- Ukemi Exercises(fall)</li> <li>- Postures, movement, coordination, mobility, core-stability, taiso, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Strictly no person-person contact during training, which includes partner drills.</li> <li>• Observe social distancing inside the facility.</li> <li>• Face-to-face Coaching, 1:6 Coach to athlete ratio.</li> <li>• Individual Sports-specific Drills. Personal weighted dummies may be utilized.</li> <li>• Strength training, utilizing available personal equipment.</li> <li>• Conditioning drills may be done outside.</li> </ul> <p>Maximum of 90 mins. of training inside the facility for each session. Including warm-ups and cooldowns.</p> <p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> <li>- Geiko of Cooperation and opposition in Tachi-Waza favoured</li> <li>- No randori!!! (Pre-Play)</li> <li>- All pedagogical resources to be adapted to the respiratory hygiene and contact limitations</li> </ul>	<p>Competitions.</p> <p>Competitions are allowed when COVID-19 vaccines are available.</p> <p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> <li>- No pedagogical restriction as long as the proposed situations respect the contact limitations</li> </ul>
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<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Sanitize Equipment, before and after use.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment including mats, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Strictly no sharing of equipment.</p>	<p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment , including mats, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Strictly no sharing of equipment.</p>
<p>FACILITY RECOMMENDATIONS</p>				<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing of Facility staff.</p> <p>Temperature check upon entry of the facility.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Implement training schedules, 1 athlete per 3 sqm of mats.</p>	<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing and Vaccination (if available) of Facility staff.</p> <p>Assign health safety officer for the facility.</p>

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				<p>Locker Room may only be used for changing of clothes. Strictly 5 persons at a time.</p> <p>Allow additional time after each training session for sanitizing of mats.</p> <p>Provide adequate ventilation for the facility. Open windows.</p> <p>Regular cleaning and disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p>	<p>No personal towel, no training policy.</p> <p>Allow additional time after each training session for sanitizing of mats.</p> <p>Provide adequate ventilation for the facility. Open windows.</p> <p>Regular cleaning and disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> <p>IF ALLOWED:</p> <p>Individual shower cubicles may be</p>
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					allowed for use.
SPECTATOR ADDITIONAL PERSONNEL	No spectators allowed.	No spectators allowed.	No spectators allowed.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training floor.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training floor.