

KARATEDO
(UPDATED WITH
OLYMPIC HOPEFUL
GUIDELINES)

| SPORT SPECIFIC FRAMEWORK | | | | | |
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| | 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 / OLYMPIC HOPEFUL GUIDELINES" |
| 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 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>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>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</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> <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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> |

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| | | | skateboarding are allowed—limited clubhouse basic operations | Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity | |
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| <p>KARATE (INDIVIDUAL KUMITE)</p> <p>AND</p> <p>KARATE (INDIVIDUAL KATA)</p> | <p>NSA COACHES APPROVED PROGRAM HOME WORKOUT:</p> <p>STRENGTH AND CONDITIONING WITH THE USE OF IMPROVISED EQUIPMENT.</p> <p>JOGGING AND CARDIO WITHIN HOME PREMISES</p> <p>KATA AND KUMITE DRILLS ONLINE SUPERVISION BY NSA COACHES</p> <p>INDIVIDUAL KATA CAN TRAIN FOR ONLINE COMPETITIONS</p> | <p>NSA COACHES APPROVED PROGRAM HOME WORKOUT:</p> <p>STRENGTH AND CONDITIONING WITH THE USE OF IMPROVISED EQUIPMENT.</p> <p>JOGGING AND CARDIO WITHIN HOME PREMISES, KATA AND KUMITE (WITHIN SUBDIVISION, VILLAGE, BARANGAY – INTRAZONAL MOVEMENT ALLOWED)</p> <p>DRILLS ONLINE SUPERVISION BY NSA COACHES.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p> <p>PRACTITIONERS <20 YRS AND 60 YRS AND OLDER SHOULD TRAIN AT HOME/ WITHIN HOME PREMISES</p> | <p><u>*PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>NSA COACHES APPROVED PROGRAM:</p> <p>INDIVIDUAL TRAINING OUTSIDE (JOGGING, STRENGTH AND CONDITIONING) WITH NO PERSON TO PERSON INTERACTION.</p> <p>INTERZONAL TRAVEL IS ALLOWED: 1.GCQ TO MGCQ IS ALLOWED</p> <p>2.GCQ TO EITHER MECQ OR ECQ – NOT ALLOWED</p> <p>INTRAZONAL TRAVEL: GCQ TO GCQ/ WITHIN GCQ AREAS IS ALLOWED</p> <p>KATA AND KUMITE DRILLS CHECKED ONLINE BY NSA COACHES.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p> | <p>NSA COACHES APPROVED PROGRAM:</p> <p>SMALL GROUPS (UP TO 10 PEOPLE) TRAINING OUTDOORS WITH COACH WITH SOCIAL DISTANCING.</p> <p>INTERZONAL & INTRAZONAL TRAVEL IS ALLOWED</p> <p>INDIVIDUALIZED TRAINING AND NO CONTACT.</p> <p>NO SHARING OF EQUIPMENT.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p> | <p>NORMAL TRAINING WILL RESUME INSIDE THE “BUBBLE” OR ISOLATED LOCATION FOR TRAINING.</p> <p>MAIN PROSPECT FOR TRAINING SITE: PHILSPORTS COMPLEX</p> <p>TEAM AND INDIVIDUAL SKILLS AND STRENGTH TRAINING WITH KARATE PILIPINAS NATIONAL COACHES.</p> |
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| | | | PRACTITIONERS <20 YRS AND 60 YRS AND OLDER MAY TRAIN OUTDOORS | | |
| GENERAL HYGIENE RECOMMENDATIONS | MASK USE IS RECOMMENDED HANDWASHING IS A MUST | MASK USE IS RECOMMENDED HANDWASHING IS A MUST | LEVEL A, B, PLUS... SOCIAL DISTANCING BETWEEN COACH AND ATHLETE. GYM AND EQUIPMENT MUST BE SANITIZED AND DISINFECTED BEFORE AND AFTER WORKOUT. | LEVEL A, B, AND C. | ALL PLAYERS, COACHES, OFFICIALS, STAFF AND HEALTH OFFICIALS WILL UNDERGO SWAB TESTS BEFORE ALLOWED ENTRY INTO THE TRAINING FACILITY. ONCE TEST HAS BEEN TAKEN, THEY WILL ALL BE QUARANTINED PENDING RESULTS. |
| FACILITY RECOMMENDATIONS | N/A | N/A | | IF FACILITY IS PERMITTED TO OPERATE, TRAINING WITHIN THE DOJO IS PERMITTED WITH PROPER SOCIAL DISTANCING AND SANITATION OF VENUE. | ONCE INSIDE THE "BUBBLE" FACILITY, THEY WILL NOT BE ALLOWED TO EXIT THE PREMISES. IN CASES THAT THEY WOULD BE ALLOWED TO LEAVE, THEY MUST AGAIN COMPLY WITH THE AFOREMENTIONED GUIDELINES BEFORE ENTRY. DESIGNATED HEALTH OFFICER WILL ENSURE THE FOLLOWING: A. KARATE EQUIPMENTS, MATTED FLOOR, AND GYM TRAINING AREA ARE |

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| | | | | | <p>ALWAYS SANITIZED ACCORDING TO CDC/DOH/IATF REQUIREMENTS.</p> <p>B. DESIGNATED PERSON FROM THE OUTSIDE OF THE BUBBLE WILL BE THE ONLY PERSON WHO CAN BUY ESSENTIAL ITEMS FOR THE ATHLETES AND COACHES AND DROP THEM OFF AT THE FACILITY; BUT NOT ENTERING PREMISES.</p> <p>C. ALL PERSONNEL INSIDE MUST FILL OUT DAILY HEALTH FORMS.</p> <p>IN THE EVENT THAT THE IATF RESTRICTIONS ARE STARTING TO BE MORE RELAXED AND HAS MADE TRAINING VENUES OPEN TO OUTSIDERS, WE WILL STILL KEEP OUR TRAINING VENUES CLOSE AND ONLY OPEN TO OUR NATIONAL TEAM MEMBERS. OUR TRAINING AREA, EQUIPMENT, DORMITORY AND SHOWER/BATHROOM AREAS WILL BE STRICTLY FOR THE USE OF THE NATIONAL TEAM ONLY.</p> |
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| 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 UNAUTHORIZED VISITORS WILL BE ALLOWED TO ENTER UNLESS THEY HAVE GONE THRU THE PROPER ENTRY PROTOCOLS. |
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