



**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

# **KICKBOXING**

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

SPORT SPECIFIC FRAMEWORK					
KICKBOXING	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  <b>“NEW NORMAL”</b>
IATF RESTRICTIONS**	Everyone is advised to <b>“Stay -at- Home”</b>  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

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		<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 SUGGESTIONS	<p>Group chat created exclusively for coaches and athletes for daily monitoring of training from Monday to Saturday</p> <p>Athletes follow the training program and post videos/pictures daily on the group chat</p> <p>Individual training at home for athletes with personal equipment provided by SKP.</p> <p>Individual training must be done in an isolated area at the comfort of the <b>athlete's</b> home/backyard</p>	<p>The same training modalities and guidelines under ECQ shall be observed with additional activities such as the SKP Video Training Challenge and Online National Kickboxing Musical Forms Championships</p> <p>Group chat created exclusively for coaches and athletes for daily monitoring of training from Monday to Saturday</p> <p>Athletes follow the training program and post</p>	<p>Under GCQ, all activities and training will still be online and individual at home since gyms and fitness center are still not permitted under GCQ</p> <p>Group chat created exclusively for coaches and athletes for daily monitoring of training from Monday to Saturday</p> <p>Athletes follow the training program and post videos/pictures daily on the group chat</p> <p>Individual training at home for athletes with personal equipment provided by SKP.</p>	<p>mGCQ is expected to allow free movements of people from one place to another which means social distancing and wearing of mask at all times and disinfection procedures at home and all public places</p> <p>Under the mGCQ, coaches will be asked to have regular visits to the <b>athletes'</b> homes to supervise their training.</p> <p>During visits, coaches and athletes shall maintain all safety precautions and social distancing.</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/PSC advice on resumption of contact training</p>

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	<p>Athletes are advised to participate/ watch online training (psychology , nutrition. Etc) administer by the Philippine Sports Commission and the Philippine Olympic Committee</p>	<p>videos/pictures daily on the group chat</p> <p>Individual training at home for athletes with personal equipment provided by SKP.</p> <p>Individual training must be done in an isolated area at the comfort of the <b>athlete's</b> home/back yard</p> <p>Athletes are advised to participate/ watch online training (psychology, nutrition, Etc.) administer by the Philippine Sports Commission and the Philippine</p>	<p>Individual training must be done in an isolated area at the comfort of the <b>athlete's</b> home/backyard</p> <p>Athletes are advised to participate/watch online training (psychology, nutrition, Etc.) administer by the Philippine Sports Commission and the Philippine Olympic Committee</p>		
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		Olympic Committee			
GENERAL HYGIENE RECOMMENDATIONS	<p>Proper hygiene must be observed at all times.</p> <p>Washing of hands before training and shower after training.</p> <p>Part of the health safety precaution for athletes is maintaining an optimum immune system and respiratory health.</p> <p>Athletes are advised to take daily dosage of Vitamin C, multivitamins, ginger with lemon juice and at least 4 liters of water. Hot steaming (with water, salt and ginger) is also encouraged</p>	<p>Proper hygiene must be observed at all times.</p> <p>Washing of hands before training and shower after training.</p> <p>Part of the health safety precaution for athletes is maintaining an optimum immune system and respiratory health.</p> <p>Athletes are advised to take daily dosage of Vitamin C, multivitamins, ginger with lemon juice and at least 4 liters of water. Hot steaming is also encouraged</p>	<p>Proper hygiene must be observed at all times.</p> <p>Washing of hands before training and shower after training.</p> <p>Part of the health safety precaution for athletes is maintaining an optimum immune system and respiratory health.</p> <p>Athletes are advised to take daily dosage of Vitamin C, multivitamins, ginger with lemon juice and at least 4 liters of water. Hot steaming is also encouraged.</p>	<p>Masks shall be worn during lectures</p> <p>Training masks (specialize masks for contact sports athletes to simulate high-elevation training) is encouraged if training in presence of other people.</p> <p>Proper hygiene must be observed at all times.</p> <p>Washing of hands before training and shower after training.</p> <p>Part of the health safety precaution for athletes is maintaining an optimum immune system and respiratory health.</p> <p>Athletes are advised to take daily dosage of Vitamin C, multivitamins,</p>	<p>Use mask according to government policy</p> <p>Disinfect mats and all equipment before and after use</p> <p>Social distancing to be strictly observed</p> <p>Immediate shower after all activities</p> <p>Seek help from government/PSOC on testing procedure in preparation for resumption of contact activities</p> <p>Consider testing and vaccination players/athletes/participant and facility staff</p>

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				ginger with lemon juice and at least 4 liters of water.	
FACILITY RECOMMENDATIONS	Athletes must disinfect their personal equipment (gloves, hand wraps, etc.)  Regular use of alcohol	Athletes must disinfect their personal equipment (gloves, hand wraps, etc.).  Regular use of alcohol	Athletes must disinfect their personal equipment (gloves, hand wraps, etc.).  Regular use of alcohol	Athletes must disinfect their personal equipment (gloves, hand wraps, etc.).  Regular use of alcohol	Athletes must disinfect their personal equipment (gloves, hand wraps, etc.).  Regular use of alcohol
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	Maximum of one(1) companion/guardian if athlete is minor	Maximum of one(1) companion/guardian if athlete is minor