



**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

LAWN TENNIS

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

SPORT SPECIFIC FRAMEWORK					
SPORT:	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 ECO Intrazonal movement allowed No mass gathering Sporting events are prohibited Gyms, fitness	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 allowed to	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-	NO DETAILED GUIDELINES yet as of May 23, 2020 Intrazonal travel allowed, Interzonal travel allowed

		<p>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>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>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%</p>	
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				capacity	
LAWN TENNIS ACTIVITY RECOMMENDATIONS	<p>Warm ups and solo tennis drills using own equipment within home or owned premises only.</p> <p>Example: Running/aerobic/agility training, Resistance training, Skills training, Serving only, Hitting with ball machine</p> <p>Online Coaching can be implemented</p>	<p>Warm ups and solo tennis drills using own equipment limited to either an enclosed public street fronting the household or one's subdivision or barangay</p> <p>Example: Running/aerobic/agility training, Resistance training, Skills training, Serving only, Hitting with ball machine</p> <p>Ages <20 yrs and 60 yrs and older should train at home/ within home premises</p> <p>Intrazonal travel is</p>	<p>Singles tennis rally, drills in private courts will be allowed</p> <p>Ages <20 yrs and 60 yrs and older may train outdoors</p> <p>Player stays will be allowed on his/her own side of the court respectively</p> <p>Players use separate sets of balls.</p> <p>Online Coaching can be implemented</p> <p>Players should arrive at the venue close to their allotted starting time and in playing kit and depart immediately after.</p> <p>Interzonal travel is allowed: 1.GCQ to MGCCQ</p>	<p>Singles tennis rally, drills in private or public court will be allowed</p> <p>Coaches will be allowed on facility provided that they wear a mask at all times and observe proper physical distancing from athletes</p> <p>Keep on-court officials and players separate.</p> <p>Player stays only on his/her own side of the court respectively.</p> <p>Players use separate sets of balls.</p> <p>Recreational tennis games (Singles) may be allowed upon approval</p>	<p>Singles and Doubles training, and competition will start if it is approved by the IATF.</p> <p>Coaches will be allowed on facility provided that they wear a mask at all times and observe proper physical distancing from athletes</p> <p>Keep on-court officials and players separate.</p> <p>Player stays only on his/her own side of the court respectively.</p>

		<p>allowed (MECQ to MECQ)</p> <p>Online Coaching can be implemented.</p>	<p>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>of IATF.</p>	
<p>LAWN TENNIS GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Proper handwashing</p> <p>Wearing of mask outdoors</p>	<p>Proper handwashing</p> <p>Wearing of mask outdoors</p>	<p>Social Distancing shall be strictly implemented among athletes.</p> <p>Sharing of towels, water bottles, and training equipment will not be allowed.</p> <p>Athletes will be required to wear a mask before and after training.</p> <p>Players should arrive at the venue close to their allotted starting time and in playing kit and depart immediately after.</p> <p>Provide to players: tissues; plastic bags;</p>	<p>Sharing of towels and water bottles, and training equipment will not be allowed</p> <p>Athletes will be required to wear a mask before and after training.</p> <p>Players should arrive at the venue close to their allotted starting time and in playing kit and depart immediately after.</p> <p>Provide to players: tissues; plastic bags; masks; alcohol-based hand wipes; disposable drinking cups; thermometer;</p>	<p>Sharing of towels and water bottles, and training equipment will not be allowed</p> <p>Athletes will be required to wear a mask before and after training.</p> <p>Provide to players: tissues; plastic bags; masks; alcohol-based hand wipes; disposable drinking cups; thermometer; sanitizer.</p> <p>Provide access to an on-site/on-call doctor.</p> <p>Conduct daily health checks</p>

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			<p>masks; alcohol-based hand wipes; disposable drinking cups; thermometer; sanitizer.</p> <p>Provide access to an on-site/on-call doctor.</p> <p>Conduct daily health checks of players and staff.</p> <p>Athletes will be asked to submit a health declaration form for the past 14 days.</p>	<p>sanitizer.</p> <p>Provide access to an on-site/on-call doctor.</p> <p>Conduct daily health checks of players, officials and staff.</p> <p>Athletes will be asked to submit a health declaration form for the past 14 days.</p>	<p>of players, officials and staff.</p> <p>Ball kids wear latex gloves on court. Officials, staff and ball kids wear masks off- court.</p> <p>Athletes will be asked to submit a health declaration form for the past 14 days.</p>
LAWN TENNIS FACILITY RECOMMENDATIONS	N/A	N/A	<p>Training Venue shall be regularly disinfected before and after each use.</p> <p>Use of court must be scheduled to limit number of players.</p> <p>Venue must collect athlete's details and contact</p>	<p>Training Venue shall be regularly disinfected before and after each use.</p> <p>Use of court must be scheduled to limit number of players.</p> <p>Venue must collect athlete's details and</p>	<p>Training Venue shall be regularly disinfected before and after each use.</p> <p>Use of court must be scheduled to limit number of players.</p> <p>Venue must collect athlete's details and</p>

			<p>numbers for proper tracing.</p> <p>Disinfectants shall be available at the entrance and near the training area</p> <p>A safety control officer will be assigned to facilitate disinfection or cleaning of the venue.</p> <p>Locker rooms will be closed.</p>	<p>contact numbers for proper tracing.</p> <p>Disinfectants shall be available at the entrance and near the training area</p> <p>A safety control officer will be assigned to facilitate disinfection or cleaning of the venue.</p> <p>Locker rooms will be closed.</p>	<p>contact numbers for proper tracing.</p> <p>Disinfectants shall be available at the entrance and near the training area</p> <p>Consider testing and vaccination for players/ athletes/ participants/ and facility staff</p> <p>A safety control officer will be assigned to facilitate disinfection or cleaning of the venue.</p>
<p>LAWN TENNIS SPECTATOR ADDITIONAL PERSONNEL</p>				<p>Athletes below 18 y/o will be limited to one companion.</p> <p>Companions will be required to wear a face mask at all times and observe physical distancing among other</p>	<p>Athletes below 18 y/o will be limited to one companion.</p> <p>Companions will be required to wear a face mask at all times and observe physical distancing among other</p>

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				companions	companions
				No spectators allowed.	No spectators allowed.