



**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

MUAY THAI

SPORT SPECIFIC FRAMEWORK

	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**	<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-</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>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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

		<p>walks, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</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>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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MUAYTHAI	<p>STRICTLY NO CONTACT</p> <p>STRICTLY NO SPARRING OR PAD WORKS.</p> <p>STRICTLY INDIVIDUAL BAG WORKS, SHADOW BOXING ONLY.</p>	<p>STRICTLY NO CONTACT</p> <p>STRICTLY NO SPARRING OR PAD WORKS.</p> <p>STRICTLY INDIVIDUAL BAG WORKS, SHADOW BOXING ONLY.</p>	<p>*PENDING APPROVAL OF IATF AS A GCO ACTIVITY</p> <p>STRICTLY NO CONTACT</p> <p>STRICTLY NO SPARRING OR PAD WORKS.</p> <p>STRICTLY INDIVIDUAL</p>	<p>LIMITED CONTACT</p> <p>NO VACCINATION, NO FULL-CONTACT POLICY FOLLOWED.</p> <p>SWAB TESTING IS A REQUIREMENT</p>	<p>LIMITED CONTACT</p> <p>NO VACCINATION, NO FULL-CONTACT POLICY FOLLOWED.</p> <p>SWAB TESTING IS A REQUIREMENT</p>
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	<p>CONTINUATION OF VIRTUAL TRAINING PROGRAMS AS SUPPLEMENTAL SUPPORT MAXIMUM OF 1 HOUR PER TRAINING SESSION (AM/PM) STRENGTH AND CONDITIONING THRU PSC (VIA DIGITAL PLATFORM) WEEKLY SPORTS PSYCHOLOGY GROUP SESSION THRU PSC (VIA VIDEO CALL) BI-MONTHLY ATHLETES/COACHES VIRTUAL FORUM PARTICIPATION IN LOCAL AND INTERNATIONAL VIRTUAL COMPETITIONS</p>	<p>CONTINUATION OF VIRTUAL TRAINING PROGRAMS AS SUPPLEMENTAL SUPPORT MAXIMUM OF 1 HOUR PER TRAINING SESSION (AM/PM) STRENGTH AND CONDITIONING THRU PSC (VIA DIGITAL PLATFORM) WEEKLY SPORTS PSYCHOLOGY GROUP SESSION THRU PSC (VIA VIDEO CALL) BI-MONTHLY ATHLETES/COACHES VIRTUAL FORUM PARTICIPATION IN LOCAL AND INTERNATIONAL VIRTUAL COMPETITIONS SOLO RUNS ARE ALLOWED WITHIN ONE'S' SUBDIVISION/ BARANGAY INTRAZONAL TRAVEL IS ALLOWED (MEQ TO MEQ) INTERZONAL TRAVEL NOT ALLOWED IF OTHER RUNNERS ARE ENCOUNTERED:</p>	<p>BAG WORKS, SHADOW BOXING ONLY. CONTINUATION OF VIRTUAL TRAINING PROGRAMS AS SUPPLEMENTAL SUPPORT MAXIMUM OF 1 HOUR PER TRAINING SESSION (AM/PM) STRENGTH AND CONDITIONING THRU PSC (VIA DIGITAL PLATFORM) WEEKLY SPORTS PSYCHOLOGY GROUP SESSION THRU PSC (VIA VIDEO CALL) BI-MONTHLY ATHLETES/COACHES VIRTUAL FORUM PARTICIPATION IN LOCAL AND INTERNATIONAL VIRTUAL COMPETITIONS SOLO RUNS ARE ALLOWED WITHIN SUBDIVISIONS/ BARANGAYS INTRAZONAL & INTERZONAL TRAVEL IS ALLOWED INTERZONAL TRAVEL:</p>	<p>FOR ALL COACHES, ATHLETES, AND STAFF ENTERING TRAINING FACILITY AND/OR DORMITORIES. STRICTLY NO SPARRING ALLOWED FOCUS MITTS AND PAD WORKS ALLOWED GIVEN PROTOCOLS ARE FOLLOWED. CONTINUATION OF VIRTUAL TRAININGS AS SUPPLEMENTAL SUPPORT MAXIMUM OF 1 HOUR PER TRAINING PER SESSION (AM/PM) TRAINING SHIFTS TO BE ENFORCED (MAX 10PAX PER SHIFT) STRENGTH AND CONDITIONING THRU PSC (VIA DIGITAL PLATFORM OR IN-PERSON AS ALLOWED BY PSC PROTOCOLS) RUNNING/JOGGING IS ALLOWED WITHIN</p>	<p>FOR ALL COACHES, ATHLETES, AND STAFF ENTERING TRAINING FACILITY AND/OR DORMITORIES. STRICTLY NO SPARRING ALLOWED STRICTLY NO SPARRING ALLOWED FOCUS MITTS AND PAD WORKS ALLOWED GIVEN PROTOCOLS ARE FOLLOWED. CONTINUATION OF VIRTUAL TRAININGS AS SUPPLEMENTAL SUPPORT MAXIMUM OF 1 HOUR PER TRAINING PER SESSION (AM/PM) TRAINING SHIFTS TO BE ENFORCED (MAX 10PAX PER SHIFT) STRENGTH AND CONDITIONING THRU PSC (VIA DIGITAL PLATFORM OR IN-PERSON AS ALLOWED BY PSC PROTOCOLS) RUNNING/JOGGING IS ALLOWED WITHIN</p>
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		<p>1.DON'T BE IN THE SLIPSTREAM; POSITION ONESELF BESIDE OR IN STAGGERED FORMATION IN RELATION TO THE OTHER PERSON 2.OBSERVE PROPER DISTANCING: A.RUNNING: AT LEAST 4 METERS, IDEALLY AGES <20 YRS AND 60 YRS AND OLDER SHOULD TRAIN AT HOME/ WITHIN HOME PREMISES</p>	<p>1.GCQ TO MGCCQ IS ALLOWED 2.GCQ TO EITHER MECQ OR ECQ – NOT ALLOWED IF OTHER RUNNERS ARE ENCOUNTERED: 1.DON'T BE IN THE SLIPSTREAM; POSITION ONESELF BESIDE OR IN STAGGERED FORMATION IN RELATION TO THE OTHER PERSON 2.OBSERVE PROPER DISTANCING: A.RUNNING: AT LEAST 4 METERS, IDEALLY AGES <20 YEARS & 60 YEARS OLD AND OLDER ARE ALLOWED TO TRAIN OUTDOORS</p>	<p>SUBDIVISIONS/ BARANGAYS INTRAZONAL & INTERZONAL TRAVEL IS ALLOWED IF OTHER RUNNERS ARE ENCOUNTERED: 1.DON'T BE IN THE SLIPSTREAM; POSITION ONESELF BESIDE OR IN STAGGERED FORMATION IN RELATION TO THE OTHER PERSON 2.OBSERVE PROPER DISTANCING: A. RUNNING: AT LEAST 4 METERS, IDEALLY AGES <20 YEARS & 60 YEARS OLD AND OLDER ARE ALLOWED TO TRAIN OUTDOORS</p>	<p>SUBDIVISIONS/ BARANGAYS INTRAZONAL & INTERZONAL TRAVEL IS ALLOWED IF OTHER RUNNERS ARE ENCOUNTERED: 1.DON'T BE IN THE SLIPSTREAM; POSITION ONESELF BESIDE OR IN STAGGERED FORMATION IN RELATION TO THE OTHER PERSON 2.OBSERVE PROPER DISTANCING: A. RUNNING: AT LEAST 4 METERS, IDEALLY</p>
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>HOME TRAINING MASK USE IS RECOMMENDED HANDWASHING IS A MUST</p>	<p>HOME TRAINING MASK USE IS RECOMMENDED HANDWASHING IS A MUST</p>	<p>HOME TRAINING MASK USE IS RECOMMENDED HANDWASHING IS A MUST</p>	<p>*HOME TRAINING AS NECESSARY TRAINING FACILITY STRICT IMPLEMENTATION OF SOCIAL DISTANCING, USE OF FACE MASK,</p>	<p>*HOME TRAINING AS NECESSARY TRAINING FACILITY STRICT IMPLEMENTATION OF SOCIAL DISTANCING, USE OF FACE MASK, RESPIRATORY</p>

				<p>RESPIRATORY ETIQUETTE AND HYGIENE PROTOCOLS LIMIT OF 10 PAX IN THE GYM (1:4 COACH/ATHLETE RATIO) TRAINING SHIFTS TO BE ENFORCED AM/PM (MAX 10PAX PER SHIFT) STRICTLY NO SHARING OF EQUIPMENT, BYOE (BRING YOUR OWN EQUIPMENT) ENFORCED STRICT MONITORING OF TEMPERATURE AND HEALTH CHECKS EVERY TRAINING SHIFT BRING OWN WATER BOTTLES FOR PERSONAL USE.</p>	<p>ETIQUETTE AND HYGIENE PROTOCOLS LIMIT OF 10 PAX IN THE GYM (1:4 COACH/ATHLETE RATIO) TRAINING SHIFTS TO BE ENFORCED AM/PM (MAX 10PAX PER SHIFT) STRICTLY NO SHARING OF EQUIPMENT, BYOE (BRING YOUR OWN EQUIPMENT) ENFORCED STRICT MONITORING OF TEMPERATURE AND HEALTH CHECKS EVERY TRAINING SHIFT BRING OWN WATER BOTTLES FOR PERSONAL USE.</p>
<p>TRAINING FACILITY RECOMMENDATIONS</p>	<p>N/A</p>	<p>N/A</p>	<p>N/A</p>	<p>SWAB TESTING IS A REQUIREMENT FOR ALL COACHES, ATHLETES, AND STAFF ENTERING TRAINING FACILITY AND/OR DORMITORIES. LIMIT OF 10 PAX IN THE GYM (1:4</p>	<p>SWAB TESTING IS A REQUIREMENT FOR ALL COACHES, ATHLETES, AND STAFF ENTERING TRAINING FACILITY AND/OR DORMITORIES. LIMIT OF 10 PAX IN THE GYM (1:4 COACH/ATHLET</p>

				<p>COACH/ATHLETE RATIO); LEAVE THE GYM IMMEDIATELY AFTER TRAINING, SHOWER AT HOME TRAINING SHIFTS TO BE ENFORCED AM/PM (MAX 10PAX PER SHIFT)</p>	<p>E RATIO); LEAVE THE GYM IMMEDIATELY AFTER TRAINING, SHOWER AT HOME TRAINING SHIFTS TO BE ENFORCED AM/PM (MAX 10PAX PER SHIFT) STRICTLY NO SHARING OF EQUIPMENT, BYOE (BRING YOUR OWN EQUIPMENT) ENFORCED STRICT MONITORING OF TEMPERATURE AND HEALTH CHECKS EVERY TRAINING SHIFT CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANTS IN PREPARATION FOR “ACTUAL” RESUMPTION OF ORGANIZED SPORT CONSIDER TESTING FACILITY STAFF</p>
<p>SPECTATOR ADDITIONAL PERSONNEL</p>	N/A	N/A	N/A	<p>NO SPECTATORS ALLOWED MAXIMUM ONE COMPANION AS NECESSARY – PROPERLY PROTECTED</p>	<p>NO SPECTATORS ALLOWED MAXIMUM ONE COMPANION AS NECESSARY PROPERLY PROTECTED –</p>

