



**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

Para-Judo

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

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 (MGCQ)	LOW RISK/ No Community Quarantine covid environment —NEW NORMALII
IATF RESTRICTIONS**	<p>Everyone is advised to —Stay -at-HomeII</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><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- wlaqs,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>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>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	IATF RESTRICTIONS**

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			<p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p>		
<p>SPORT RECOMMENDATIONS</p>	<p>Training at Home Dojo is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> ● Individual Sportsspecific Drills ● Strength training, utilizing available home equipment. ● Conditioning drills at home. 	<p>Training at Home Dojo is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> ● Individual Sports-specific Drills ● Strength training, utilizing available home equipment. ● Conditioning drills may be done outside but only within the area of residence. 	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>Training at Home Dojo is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> ● Individual Sports-specific Drills ● Strength training, utilizing available home equipment. ● Conditioning drills may be done outside but only within the area of residence. 	<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> <ul style="list-style-type: none"> ● Strictly no personperson contact during training, which includes partner drills. ● Observe social distancing inside the facility. ● Face-to-face Coaching, 1:6 Coach to athlete ratio. ● Individual Sportsspecific Drills. Personal weighted dummies may be utilized. ● Strength training, utilizing available personal equipment. ● Conditioning drills may be done outside. <p>Maximum of 90 mins. of training inside the facility for each session. Including warm-ups and cooldowns.</p>	<p>IF ALLOWED:</p> <p>Partner drills (e.g. throwing, grappling) and Sparring may be conducted.</p> <p>Virtual Kata(Form) Competitions.</p> <p>Competitions are allowed when COVID-19 vaccines are available.</p> <p>General Pedagogical Recommendations from the International Judo Federation</p> <p>- No pedagogical restriction as long as the proposed situations respect the contact limitations</p>

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		<p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> - Tendoku-renshu (individual work) - Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually) - Ukemi Exercises(fall) - Postures, movement, coordination, mobility, core stability, taiso, etc. - No equipment is used 	<p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> - Tendoku-renshu (individual work) - Fundamental motor and technical skills – Tachi- Waza and Ne-Waza (individually) - Ukemi Exercises(fall) - Postures, movement, coordination, mobility, core stability, taiso, etc. 	<p>General Pedagogical Recommendations from the International Judo Federation</p> <ul style="list-style-type: none"> - Geiko of Cooperation and opposition in Tachi-Waza favoured - No randori!!! (Pre-Play) - All pedagogical resources to be adapted to the respiratory hygiene and contact limitations 	
<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>

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FACILITY RECOMMENDATIONS				<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>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>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> <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 allowed for use.</p>
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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.
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