



**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 TENPIN BOWLING**

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

SPORT SPECIFIC FRAMEWORK					
PARA TEN-PIN BOWLING		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</p> <p>&lt;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>Movement for leisure purposes are not allowed; essential travel only</p> <p>&lt;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>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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</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>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>	
SPORT ACTIVITY RECOMMENDATIONS	<p>Ball throwing drills and strengthening exercises like bodyweight and dumbbell exercises to be done at home</p>	<p>Players aged 60 and above are to continue their drills at home.</p> <p>Players aged 21 to 59 are now allowed to exercise outdoors within their own zone.</p>	<p>Players ball throwing drills and strengthening exercises done at home are to be continued.</p> <p>Players including those aged 60 and above are now allowed to exercise outdoors.</p> <p>Bowling facilities remain closed.</p>	<p><u>*Pending Approval of IATF as a MGCO Activity</u></p> <p>Scheduled rotational training for athletes in bowling centers</p> <p>Only 5 athletes allowed to train at a time, observing a distance of 1 lane apart from other players. A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p>	<p><u>*Pending Approval of IATF as a New Normal Activity</u></p> <p>Scheduled rotational training for athletes in bowling centers</p> <p>2 athletes now allowed per lane but still observing a distance of 1 lane apart from other players. A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p>

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					Consider testing and Vaccination for players / athletes / staff / participants
GENERAL HYGIENE RECOMMENDATIONS	<p>Mask use is optional.</p> <p>Sanitize equipment before and after using.</p>	<p>Mask use is a must when players will exercise outdoors.</p> <p>Players are required to bring and sanitize their own equipment.</p>	<p>Mask use is a must when exercising outdoors</p> <p>Observe social distancing of at least 2 meters from another person when exercising outdoors.</p> <p>Players are required to leave the area once done with exercises.</p>	<p>Mask use is a must when traveling to training areas.</p> <p>Mask use is optional during the actual training session.</p> <p>No sharing of equipment.</p> <p>Bring your own alcohol, sanitizers and rags for sanitation of equipment.</p>	<p>Mask use is a must when traveling to training areas.</p> <p>Mask use is optional during the actual training session.</p> <p>No sharing of equipment.</p> <p>Bring your own alcohol, sanitizers and rags for sanitation of equipment.</p> <p>CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANTS IN PREPARATION FOR "ACTUAL" RESUMPTION OF ORGANIZED SPORT</p>
FACILITY RECOMMENDATIONS	N/A	N/A	N/A	<p>Place barriers around lanes that players are not allowed to occupy during training.</p> <p>Place marks on places where players are allowed to sit, ensuring that physical distancing will be observed.</p> <p>Place alcohol or hand sanitizers in designated areas around the facility</p> <p>Facility manager is allowed to reject players who come outside their schedule</p>	<p>Barriers around unusable lanes remain</p> <p>Designated resting areas around the facility are still to be followed</p> <p>Facility manager is allowed to reject players who come outside their schedule</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p>

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				<p>Facility protocols for disinfection are enforced</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p>	Consider testing facility staff
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	<p>Players who need assistance going to training venues are allowed one companion to assist them provided the companion is properly protected and distanced inside the venue.</p>	<p>Players who need assistance going to training venues are allowed one companion to assist them provided the companion is properly protected and distanced inside the venue.</p>