



**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

ROWING

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

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</p> <p><20 and 60 and above are to stay at home</p> <p>Limited mass transportation Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering</p> <p>Sporting events are prohibited 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>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) School sports are still suspended</p> <p>Interzonal movement allowed 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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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

			Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	Gathering of up to 10 socially distanced persons are allowed Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
ROWING ACTIVITY RECOMMENDATIONS (For Stay-in Athletes)	Isolated and restricted at Athletes' Quarters (AQ). Training at AQ premises. Restricted to within the La Mesa Rowing facility premises. Single (1x) and double (2x) boats only	Isolated and restricted at Athletes' Quarters (AQ). Training at AQ premises. Restricted to within the La Mesa Rowing facility premises. Single (1x) and double (2x) boats only	Training restricted to within the La Mesa Rowing facility premises. (1x, 2x boats)	Training Restricted to within the La Mesa Rowing facility premises (1x, 2x boats)	Same as mGCQ
GENERAL HYGIENE RECOMMENDATIONS (For Stay-in Athletes)	Mask use inside athletes' quarters optional. Strict observation of proper HANDWASHING, COUGHING ETIQUETTE, PHYSICAL/SOCIAL DISTANCING PROTOCOLS and NO PHYSICAL CONTACT with other persons.	Same as ECQ	Same as ECQ/mECQ plus: Observe social distancing with athletes and coaches NOT staying at the athlete's quarters	Same as ECQ/mECQ/GCQ plus: NO CONTACT with club and individual rowers; get in, get out	Same as ECQ/mECQ/GCQ/mGCQ plus: Consider testing of athletes, coaches, facility staff, admin staff
FACILITY RECOMMENDATIONS (For Stay-in Athletes)	Use of masks in the La Mesa Rowing facility premises is recommended. Regular cleaning and disinfection of athletes' quarters and boathouse. Cleaning and thorough washing	Same as ECQ	Same as ECQ/mECQ	Same as ECQ/mECQ/GCQ plus: Assignment of team safety protocol officer	Same as ECQ/mECQ/GCQ/mGCQ

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

	of singles boats and oars				
ROWING ACTIVITY RECOMMENDATIONS (For Non-stay-in Athletes)	Home-based training: workout limited to own home's premises	Home-based training: workout limited to own home's premises	Training at the La Mesa Rowing facility premises (1x, 2x boats)	Training Restricted to within the La Mesa Rowing facility premises (1x, 2x boats)	Training Limited to within the La Mesa Rowing facility premises (1x, 2x, 2-, 4x, 4-boats); no contact with club and individual rowers; get in, get out
GENERAL HYGIENE RECOMMENDATIONS (Non-stay-in athletes)	Mask use during home training is optional. Strict observation of proper HANDWASHING, COUGHING ETIQUETTE, PHYSICAL/SOCIAL DISTANCING PROTOCOLS and NO PHYSICAL CONTACT with other persons.	Same as ECQ	Same as mECQ plus: Observe social distancing with athletes and coaches staying at the athlete's quarters; get in, get out	Same as GCQ plus: NO CONTACT with club and individual rowers; get in, get out	Same as mGCQ plus: Consider testing of athletes, coaches, facility staff, admin staff
FACILITY RECOMMENDATIONS (Non-Stay-in Athletes)	N/a	N/a	Handwashing. Regular cleaning and disinfection of the boathouse. Cleaning and thorough washing of singles boats and oars	Same as GCQ plus: Assignment of team safety protocol officer	Same as ECQ/mECQ/GCQ/mGCQ
ROWING ACTIVITY RECOMMENDATIONS (Clubs and Individual Rowers)	Home-based training: workout limited to own home's premises	Home-based training: workout limited to own home's premises	Pre-appointment on-water training. Max of 5 pax per group. Single (1x) boats only.	Pre-appointment On-water training. Maximum 5 pax per group. (1x, 2x boats);	Training Limited to within the La Mesa Rowing facility premises (1x, 2x, 2-, 4x, 4-boats);
GENERAL HYGIENE RECOMMENDATIONS (Clubs and Individual Rowers)	Mask use during home training is optional.	Same as ECQ.	Same as mECQ plus: Observe social distancing; no close contact/person to	Same as GCQ plus: No close contact with other Rowers	Same as mGCQ

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

	Strict observation of proper HANDWASHING, COUGHING ETIQUETTE, PHYSICAL/SOCIAL DISTANCING PROTOCOLS and NO PHYSICAL CONTACT with other persons.		person interaction with Philippine Rowing team; get in, get out	(from Clubs and National Team)	
FACILITY RECOMMENDATIONS (Clubs and Individual rowers)	Use of masks is optional. Handwashing.	Same as ECQ	Handwashing. Use of masks in the La Mesa Rowing facility premises is recommended. Cleaning and thorough washing of singles boats and oars	Same as GCQ plus: Assignment of team safety protocol officer	Handwashing. Regular cleaning and disinfection of the boathouse. Cleaning and thorough washing of singles boats and oars Consider testing of athletes, coaches, facility staff, admin staff
SPECTATOR / ADDITIONAL PERSONNEL / VISITORS	N/A	N/A	Spectators and visitors not allowed; authorized personnel to strictly observe health & safety protocols; only one accompanying person if a child	Spectators and visitors not allowed; authorized personnel to strictly observe health & safety protocols; only one accompanying person if a child	Spectators not allowed; visitor appointment; authorized personnel to strictly observe health & safety protocols; only one accompanying person if a child