



**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

# **SAILING**

# 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 &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, runnin</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 &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>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</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>

			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	
SPORT ACTIVITY SUGGESTIONS	-Dry land training within home or owned premises only (MONITORED BY COACHES THROUGH GROUP VIDEO CALL)	-Same activities limited to an enclosed public street fronting the household or within zone	-Same activities limited to an enclosed public street fronting the household or within zone (IF PERMITTED)	-Facility based practices for individual class {Lazer and Optimist} may resume {* Depending on IATF Approval} -No person to person interaction -Health / no exposure declaration -Assignment of safety officer for health protocol enforcement -Must come to venue in Sailing gear -Train, play, get-out	-Facility based practices for all classes {*depending on IATF approval} -No person to person interaction -Training venue at 50% capacity -Health / no exposure declaration -Assignment of safety officer for health protocol enforcement -Must come to venue in Sailing gear -Train, play, get-out
GENERAL HYGIENE RECOMMENDATIONS	-Wearing of mask is optional within home  - Observe personal hygiene protocols	-Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols	Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols	Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols	Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols
FACILITY RECOMMENDATIONS				Training venue at 50% capacity -No locker room/ Shower room usage -Complete boat sanitation before and after play	Training venue at 50% capacity -No locker room/ Shower room usage -Complete boat sanitation before and after play - Consider testing athletes/facility staff in preparation for actual

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					resumption of organized sport.	
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	N/A	N/A	