



**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

SQUASH

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 <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>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 <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,</p> <p>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> |

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| | | | 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 SQUASH GENERAL RECOMMENDATIONS | Warmups and squash drills using own equipment within home or owned premises only Example: Running/aerobic/agility training (solo), resistance training (solo), skills training (solo) Same activities limited to an enclosed public street fronting the household(IF PERMITTED) | Same activities limited to an enclosed public street fronting the household (IF PERMITTED) | *RECOMMENDATION AS GCQ ACTIVITY PENDING IATF APPROVAL If facility is PERMITTED to operate: Solo use of training courts for training and drills (1 per court) -Train, play, get-out No person to person interaction No sharing of equipment Equipment must be sanitized | If facility is PERMITTED to operate: -Multiple persons no greater than 2 per court and no contact (singles) -Wipe sweat regularly with a clean towel to avoid dripping in the court. Dispose/ sanitize used towels appropriately. -No person to person interaction -No sharing of equipment -Health declaration/ no exposure declaration -Assignment of safety officer for enforcement of Health protocols -Train, Play, Get-out | -May consider doubles if approved by IATF -Coach and athlete must observe proper distancing and wearing of face mask -No sharing of equipment -Health declaration / no exposure declaration -assignment of safety officer for enforcement of Health protocols -Train, Play, Get-out |
| GENERAL HYGIENE RECOMMENDATIONS | -Wearing of mask is optional within home -Proper hand washing is required - Observe personal hygiene protocols | -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required - Observe personal hygiene protocols | -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required - Observe personal hygiene protocols | -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required - Observe personal hygiene protocols | -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required - Observe personal hygiene protocols |

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| FACILITY RECOMMENDATIONS | | | | ENGINEERING AND SAFETY PROTOCOLS -Facility use at 50% capacity -No locker room usage | ENGINEERING AND SAFETY PROTOCOLS -Facility use at 50% capacity -No locker room usage - Consider testing athletes in preparation for the actual resumption of organized sport. |
| SPECTATOR ADDITIONAL PERSONNEL | | | No spectator allowed | No spectator allowed | No spectator allowed |