



**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>

			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				<p>ENGINEERING AND SAFETY PROTOCOLS</p> <ul style="list-style-type: none"> -Facility use at 50% capacity -No locker room usage 	<p>ENGINEERING AND SAFETY PROTOCOLS</p> <ul style="list-style-type: none"> -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