



**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

SEPAK TAKRAW

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

SPORT SPECIFIC FRAMEWORK

SPORT: SEPAK TAKRAW	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</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)</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>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>

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			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	
SEPAK TAKRAW ACTIVITY RECOMMENDATIONS	NSA approved training program Home workout (Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). Flexibility training) within premises including backyard Online supervision of coaches Use of own equipment	NSA approved training program Home workout (Running/aerobic/agility training (solo), resistance training (solo), skills training (solo). Flexibility training) within premises including backyard Online supervision of coaches Use of own equipment	NSA approved training program Solo use of court Training outside the house (solo jogging, solo running, etc.) Solo training at outdoor courts such as flexibility exercises, skills training, and court drills Online supervision of coaches	NSA approved training program Court use within community, No contact play Cardio exercises (i.e. Jogging), Flexibility exercises, Skills training, and other drills with multiple persons (not more than 10) provided they are socially distanced. Online supervision of coaches or in-person regional coach if available	NSA approved training program Facility based practice with 3 persons each side of the court Cardio exercises (i.e. Jogging), Flexibility exercises, Skills training, and other drills with multiple persons (not more than 10) provided they are socially distanced Court and passing drills, ball games scrimmage; no deliberate contact Train with coach
GENERAL HYGIENE RECOMMENDATIONS	Mask use is optional; handwashing	Mask use is recommended; handwashing	Hand washing Wearing of face mask while doing activities Ensure Social distancing of at least 2 meters Use of own “rattan ball” and other equipment Access to changing rooms and locker room is NOT allowed	Hand washing Wearing of face mask while doing activities Ensure Social distancing of at least 2 meters Use of own “rattan ball” and other equipment Access to changing rooms and locker room is NOT allowed	Hand washing Wearing of face mask while doing activities Ensure Social distancing of at least 2 meters Use of own “rattan ball” and other equipment Access to changing rooms and locker room is NOT allowed

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				Exclusive use of towel and water bottles	Exclusive use of towel and water bottles
FACILITY RECOMMENDATIONS	N/a	N/a	<p>Strict observation of social distancing between persons</p> <p>Cleaning and disinfection of court after use</p> <p>Facility protocols for disinfection are enforced</p> <p>Assign a Health Safety Officer to ensure safety protocols were implemented.</p>	<p>Resume operations at 50% capacity.</p> <p>Cleaning and disinfection of court, fitness gym and clubhouse including equipment after use</p> <p>Provide hand washing or sanitizing stations</p> <p>Assign a Health Safety Officer to ensure safety protocols were implemented.</p> <p>Properly ventilated fitness gym, clubhouses, and other indoor venue</p> <p>Engineering and safety protocols Assignment of team safety protocol officer</p>	<p>Consider testing of players/athletes or participants in preparation for actual resumption of organized sport</p> <p>Consider testing of facility staff.</p>
SPECTATOR / ADDITIONAL PERSONNEL / VISITORS	N/a	N/a	Only one accompanying person allowed if athlete is child/underaged	<p>No spectators allowed.</p> <p>Maximum one (1) companion as necessary – properly protected and distanced</p>	<p>No spectators allowed.</p> <p>Maximum one (1) companion as necessary – properly protected and distanced</p>