

## I. SPORTS SPECIFIC: OLYMPIC WEIGHTLIFTING

## II. TRAINING VENUE-SPECIFIC

As of 01 August 2020, Eleven (11) athletes out of Forty (40) in the National Pool are vying for an Olympic berth. They are headed by Ms. Hidilyn Diaz who is currently training in Malaysia. Hereunder is the list of athletes with training venue and community quarantine scenario/status opposite their names:

NR	ATHLETE'S NAME	CURRENT TRAINING VENUE	SUGGESTED TRAINING VENUE	COMMUNITY QUARANTINE SCENARIO/STATUS
1	Hidilyn Diaz	Malaysia		
2	Elreen Ann Ando	Cebu Coliseum, Cebu City	Cebu Coliseum, Cebu City	GCQ
3	John Febuar Ceniza			
4	John Dexter Tabique			
5	Kristel Macrohon	Pasobolong, Zamboanga City	Universidad de Zamboanga, Tetuan, Zamboanga City	GCQ
6	Nestor Colonia			
7	Margaret Colonia			
8	Jeffrey Garcia	Hidilyn Diaz Weightlifting Gym, Mampang, Zamboanga City	Hidilyn Diaz Weightlifting Gym, Mampang, Zamboanga City	GCQ
9	Mary Flor Diaz			
10	Elien Rose Perez	SamJon Weightlifting Gym, Tagbilaran, Bohol	SamJon Weightlifting Gym, Tagbilaran, Bohol	MGCQ
11	Vanessa Sarno	Daus Weightlifting Gym, Daus, Bohol	Daus Weightlifting Gym, Daus, Bohol	MGCQ
12	Leonida Cambarijan	Cebu Coliseum, Cebu City	Cebu Coliseum, Cebu City	GCQ
13	Giselle Anne Betua			
14	Joan Igos			
15	Fernando Agad			
16	Jay Krisnel Diamante			
17	Davelloyd Pacaldo	Daus Weightlifting Gym, Daus, Bohol	Daus Weightlifting Gym, Daus, Bohol	MGCQ
18	John Raphael Macato			
19	Ma. Vanessa Karaan	SamJon Weightlifting Gym, Tagbilaran, Bohol	SamJon Weightlifting Gym, Tagbilaran, Bohol	MGCQ
20	Kiesha Mae Felisilda			
21	Jane Linete Hipolito	Hidilyn Diaz Weightlifting Gym, Mampang, Zamboanga City	Hidilyn Diaz Weightlifting Gym, Mampang, Zamboanga City	GCQ
22	Jeaneth Hipolito			
23	Rosegie Ramos			
24	Rose Jean Ramos			
25	John Paolo Rivera Jr			
26	Adrian Cristobal			
27	Rowel Garcia			
28	John kevin E. Padullo	Sampaloc, Manila	Sampaloc, Manila	MECQ

29	Clyde Kent C. Enriquez	Guiwan, Zamboanga City (Residence)	Universidad de Zamboanga, Tetuan, Zamboanga City	GCQ
30	Lemon Denmark B. Tarro			
31	Orange Janlester B. Tarro			
32	Christian E. Rodriguez			
33	Albert Ian A. Delos Santos			
34	Jones H. Bodah	Hungduan, Ifugao	Hungduan, Ifugao	MGCQ
35	Limrenzer U. Atolba			
36	Chariz Macawili	Angono, Rizal (Residence)	Angono, Rizal (Residence)	MECQ
37	Lovely Inan			
38	Kateleen Marie Diaz	Mariveles, Bataan (Residence)	Mariveles, Bataan (Residence)	MGCQ
39	Ronalyn Mabida	Midsalip, Zamboanga Del Sur (School)	Midsalip Weightlifting Gym, Midsalip, Zamboanga del Sur	MGCQ
40	Ma. Dessa Delos Santos (Resigned)	-	-	-

### III. ATLETE/COACH/TEAM HEALTH AND SAFETY OFFICER

#### **ATHLETES and COACHES**

Upon resumption of regular training on a specific training venue, returning athletes (under GCQ and MGCQ) should undergo Swab Testing and secure a quarantine pass (if needed). Must file a Health Declaration Form. Wait for the result before going to the gym. If cleared, the athlete should:

- Always wear face mask/shield when traveling from home to gym and vice—versa. During actual trainings, wearing of mask is not necessary, but necessary when talking to the coach and teammates while maintaining social distancing.
- Bring hand sanitizers or alcohol.
- Bring extra clothes, personal toiletries.
- Soiled training uniforms should be properly contained to include bath towels and training towels.
- Always observe proper hygiene.
- Disinfect the platform/equipment you use before and after training.
- Maintain Individual Health Monitoring Chart to include at least three names of person that have Contact with.

#### **GYM**

The Gym should always be disinfected before and after each training session. Gym must have the following:

- Disinfectant and Sprayer
- Disinfectant Foot Bath Tray
- Thermal Gun
- Hand Sanitizer/Alcohol Dispenser
- First Aid Kit
- Tissue and Disposal Bins
- Janitorial requirements

- If a janitor is not available, the coach should do the disinfection (optional)
- Log Book/Pen

#### **TEAM HEALTH and SAFETY OFFICER**

Presence of a Team Health and Safety Officer is necessary for the following reasons:

- Thermal Scanning of athletes before entering the gym
- So that they will be able to immediately identify signs or symptoms of COVID-19.
- In cases of emergency and monitoring the daily chart of the athletes.

A coach can be designated as a Team Health and Safety Officer provided he/she will be equip with medical background particularly on cases of COVID 19. Should there be any case of Covid-19 from the returning athlete, it is the duty of the Coach and Team Health and Safety Officer to report the case to the proper authority and secure the records of the said athlete. They must also be aware of the protocol on handling when such problem arises.