



**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

# **BASEBALL**

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

## GUIDELINES FOR BASEBALL

### SPORT SPECIFIC FRAMEWORK

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 <b>“NEW NORMAL”</b>
IATF RESTRICTIONS**	<p>Everyone is advised to <b>“Stay - at-Home”</b></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</p> <p>&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>Movement for leisure purposes are not allowed; essential travel only</p> <p>&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>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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<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>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 allowed— limited clubhouse basic operations</p>	<p>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>Gathering of up to 10 socially distanced persons are allowed</p> <p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	
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SPORT RECOMMEN DA-TIONS	<p>Movement is limited to home training and physical fitness.</p> <p>Baseball tournaments and training are prohibited.</p>	<p>Individual training within village/ barangay</p> <p>Baseball tournaments and training are prohibited.</p>	<p>Individual training may be allowed outdoors except in a training facility.</p> <p>Baseball tournaments and training are prohibited.</p>	<p><u>*For recommendation. Pending Approval of IATF as an MGCQ Activity</u></p> <p>Team training sessions for small groups (max of 10 pax) is allowed, maintaining a distance of at least 2m apart. Skill set training that <b>doesn't</b> involve contact, may be done in the training filed, but now at the same time (allowed is groups of 5 people)</p> <p>No contact play is allowed.</p> <p>Fielding, batting, pitching, catching, throwing and strength training on the field are allowed. Physical distancing must be observed.</p>	<p><u>*For recommendation. Pending Approval of IATF.</u></p> <p>Fielding, batting, pitching, catching, throwing and strength training on the field are allowed. Physical distancing must be observed.</p> <p>Practice games and League Competitions may be considered, if approved by IATF.</p> <p>If the Athlete/Coach presents with any symptoms, they will be advised to stay home.</p> <p>Athletes and Coaches must present their Health Declaration and COVID-19</p>

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				<p>Practice games, leagues and competitions are not allowed.</p> <p>If the Athlete/Coach presents with any symptoms, they will be advised to stay home.</p> <p>Athletes and Coaches must present their Health Declaration and COVID-19 Exposure Form.</p> <p>Athletes are advised to arrive in full gear at training.</p> <p>Personal equipment will not be shared and personal belongings will be placed 1 meter apart.</p> <p>No physical contact between athletes and coaches (High</p>	<p>Exposure Form.</p> <p>Athletes are advised to arrive in full gear at training.</p> <p>Personal equipment will not be shared and personal belongings will be placed 1 meter apart.</p> <p>No physical contact between athletes and coaches (High Fives, Shaking of hands).</p>
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				Fives, Shaking of hands).	
GENERAL HYGIENE RECOMMENDATIONS	Proper hand washing before and after home workout	Proper hand washing before and after home workout  Avoid close contact to fellow athletes/ joggers.  No sharing of equipment.  Mask use is recommended to and from outdoor training, not during training.	Proper hand washing before and after home workout  Avoid close contact to fellow athletes/ joggers.  No sharing of equipment  Mask use is recommended to and from outdoor training, not during training.	<p><b>'Get in, Get Out'</b> – Arrive ready to train and shower at home</p> <p>Proper hand washing before and after home workout</p> <p>Personal equipment will not be shared and personal belongings will be placed 1 meter apart.</p> <p>Equipment sanitation before, and after</p> <p>Mask use is recommended to and from outdoor training, not during training.</p> <p>Social distancing</p>	<p><b>'Get in, Get Out'</b> – Arrive ready to train and shower at home (subject to change)</p> <p>Proper hand washing before and after home workout</p> <p>Personal equipment will not be shared</p> <p>Personal belongings will be placed 1 meter apart (subject to change)</p> <p>Equipment sanitation before, and after</p> <p>Mask use is recommended to and from outdoor training, not during training.</p> <p>Social distancing required at training venue and during training</p>

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				<p>required at training venue and during training</p> <p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and sneeze etiquette</p> <p>No eating at venue</p> <p>No Locker Room Usage After Training</p> <p>If the Athlete/Coach presents with any symptoms, they will be advised to stay home.</p> <p>Athletes and Coaches must present their Health Declaration and COVID-19 Exposure Form.</p> <p>No physical contact between athletes and coaches (High Fives, Shaking of hands).</p>	<p>(subject to change)</p> <p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and sneeze etiquette</p> <p>If the Athlete/Coach presents with any symptoms, they will be advised to stay home.</p> <p>Athletes and Coaches must present their Health Declaration and COVID-19 Exposure Form.</p> <p>No physical contact between athletes and coaches (High Fives, Shaking of hands).</p>
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FACILITY RECOMMENDATIONS				<p>PPEs, disinfected materials (face mask, alcohol, disinfectant wipes, etc.) must be prepared.</p> <p>Each team will have an assigned safety control officer for the facility at a given training period.</p> <p>Equipment must be disinfected prior and post training.</p> <p>Dugout must be disinfected prior and post training. Limited number of people will be permitted inside.</p> <p>Use of communal facilities such as changing rooms and locker rooms are not allowed.</p>	<p>PPEs, disinfected materials (face mask, alcohol, disinfectant wipes, etc.) must be prepared.</p> <p>Each team will have an assigned safety control officer for the facility at a given training period.</p> <p>Equipment must be disinfected prior and post training.</p> <p>Dugout must be disinfected prior and post training. Limited number of people will be permitted inside.</p> <p>Use of communal facilities such as changing rooms and locker rooms are not allowed.</p>



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				Consider testing and vaccination for players/athletes/participants and facility staff.	Consider testing and vaccination for players/athletes/participants and facility staff.
SPECTATOR	Not applicable	Not applicable		<p>Max of 1 companion per minor if necessary</p> <p>Only essential personnel to be at training venue (Players, coaching and management staff)</p>	<p>Max of 1 companion per minor if necessary (subject to change)</p> <p>Only essential personnel to be at training venue (Players, coaching and management staff) (subject to change)</p>