



**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

CHESS

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GUIDELINES FOR CHESS

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</p> <p><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>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>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>

		<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>	
SPORT ACTIVITY SUGGESTIONS	-Over-the-board (“OTB”) chess prohibited	-Over-the-board (“OTB”) chess prohibited	<u>*RECOMMENDATION AS GCO ACTIVITY PENDING IATE APPROVAL</u>	<u>*RECOMMENDATION AS GCO ACTIVITY PENDING IATE APPROVAL</u>	<u>*RECOMMENDATION AS GCO ACTIVITY PENDING IATE APPROVAL</u>

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	<p>-Online training sessions and Online coaching allowed</p>	<p>-Online training sessions and Online coaching allowed</p>	<p>-Over-the-board (“OTB”) chess prohibited -Online training sessions and Online coaching allowed</p>	<p>-Over the board chess tournaments can resume, with strict guidelines for all players. (must wear face mask/ disposable hand gloves, disinfectants must be readily available to each player</p> <p>-Avoid touching of face, mouth and nose before, during and after play</p> <p>-Social distancing strictly enforced</p> <p>- No handshake and all physical contact policy.</p> <p>- in between rounds, the arbiters and officials will disinfect the board and pieces and surrounding area before the next round resumes.</p>	<p>-Over the board chess tournaments can resume, with strict guidelines for all players. (must wear face mask/disposable hand gloves, disinfectants must be readily available to each player;</p> <p>-Avoid touching of face, mouth and nose before, during and after play</p> <p>-Social distancing strictly enforced</p> <p>- No handshake and all physical contact policy</p> <p>- in between rounds, the arbiters and officials will disinfect the board and pieces and surrounding area before the next round resumes.</p>
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				<ul style="list-style-type: none"> -Online training sessions and Online coaching allowed. -Train, play, get-out -Health declaration past 14 days {for athletes, coaches, facility staff etc.} 	<ul style="list-style-type: none"> -Online training sessions and Online coaching allowed. -Train, play, get-out -Health declaration past 14 days {for athletes, coaches, facility staff etc.}
GENERAL HYGIENE RECOMMENDATIONS	<ul style="list-style-type: none"> -Wearing of mask is optional within home -Proper hand washing is required 	<ul style="list-style-type: none"> -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required 	<ul style="list-style-type: none"> -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required 	<ul style="list-style-type: none"> -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required 	<ul style="list-style-type: none"> -Wearing of mask is optional within home but is mandatory if outside of home -Proper hand washing is required
FACILITY RECOMMENDATIONS				<ul style="list-style-type: none"> -Facilities are allowed to operate at 50% of maximum capacity. -Assignment of facility safety officer 	<ul style="list-style-type: none"> -Facilities are allowed to operate at 50% of maximum capacity. -Assignment of facility safety officer
SPECTATOR ADDITIONAL PERSONNEL				-no spectators allowed	-no spectators allowed

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				-maximum one companion as necessary – properly protected and distanced	-maximum one companion as necessary – properly protected and distanced
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