



**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

# **ICE HOCKEY**

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

SPORT SPECIFIC FRAMEWORK					
SPORT	A	B	C	D	E
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (MGCO)	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)</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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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

		<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>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 allowed— limited clubhouse basic operations</p>	<p>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>Gathering of up to 10 socially distanced persons are allowed</p> <p>Gyms, indoor fitness facilities are</p>	
--	--	--	---	--	--

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

				allowed to operate at maximum 50% capacity	
ICE HOCKEY ACTIVITY SUGGESTIONS	Own home workout  Online Conditioning workout provided by coaches  Use of own equipment	Own home workout  Online Conditioning workout provided by coaches within home premise  Use of own equipment	Own home workout  Online Conditioning workout provided by coaches  Inline Skating within vicinity of home  No body contact  Use of own equipment only  Use of limited public equipment (goal, bench, chairs, tables)	Home or gym workout (gym: follow strict COVID-19 protection protocols)  Non-contact small group skill trainings  Can be with teammate, mx 3 drills with adequate distance  Max 6 players to 1 coach  No deliberate contact  No sharing of equipment  No practice games  Use of equipment indoor and outdoor with shared PPI	Full games/ scrimmages if IATF permits  Team training with coaches and athletes observing proper distancing and wearing of mask  Formal competitions within interzonal area if the IATF permits  Participation in official events pending IATF restrictions  No sharing of equipment  No deliberate contact  Use of public and private equipment with limited number of

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

				<p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to playing for possible contact tracing</p>	<p>users per hour/session max of 10</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to playing for possible contact tracing</p>
GENERAL HYGIENE RECOMMENDATIONS	Mask use is optional; frequent handwashing	Mask use is recommended; frequent hand washing; disinfection protocol if with equipment (change of footwear when indoors and outdoors)	<p>Mask use is required; frequent hand washing; disinfection of equipment (ball, footwear, clothes)</p> <p>Cross contamination precautions (water bottles, towel)</p> <p>Physical distancing</p>	<p>Coach and athlete must observe proper distancing and wearing of face mask</p> <p>Mask use is required; frequent hand washing; disinfection of equipment (puck, footwear, clothes)</p>	<p>No handshake or high fives</p> <p>Mask use is required; frequent hand washing; disinfection of equipment (ball, footwear, clothes)</p> <p>Physical distancing</p>

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

				Physical distancing  Cross contamination precautions (water bottles, towel)	Cross contamination precautions (water bottles, towel)
FACILITY RECOMMENDATIONS				<p>All athletes, staff, officers to be tested and have negative COVID 19 results prior to return to venue</p> <p>If facility is allowed to operate, facility protocols for disinfection are enforced</p> <p>Olympic size rink: max 3 pax</p> <p>No common shower and changing areas</p> <p>No loitering at the venue</p> <p>Equipment sanitizing both prior to</p>	<p>All athletes, staff, officers to be inoculated with vaccine prior to return to venue</p> <p>Consider testing and Vaccination for players/ athletes participants</p> <p>CONSIDER TESTING and vaccinating FACILITY STAFF</p> <p>Engineering and safety protocols</p> <p>Assignment of team COVID safety protocol office</p> <p>Facility protocols for</p>

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

				<p>and after training</p> <p>Disinfection of facilities</p> <p>Engineering and safety protocols</p> <p>Assignment of team COVID safety protocol office</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to playing for possible contact tracing</p>	<p>disinfection are enforced</p> <p>Equipment sanitizing both prior to and after training</p> <p>No usage of locker room</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to playing for possible contact tracing</p>
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	<p>No spectator</p> <p>Only one accompanying person if minor</p>	<p>No Spectator</p> <p>Maximum of 1 companion as necessary properly</p>

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

