



**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

ARCHERY

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

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 <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-</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,</p> <p>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>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed,</p> <p>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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed,</p> <p>Interzonal travel allowed</p>

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		<p>walks, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</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>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>	
<p>ARCHERY RECOMMENDATIONS</p>	<p>Home exercise and online training with the members of the archery training pool on certain schedules through the zoom communication platform</p> <p>Online coaching is also implemented archers are asked to send in video clips of</p>	<p>Same as A plus:</p> <p>Individual non-contact outdoor exercises can be done within the zone while observing physical or social distancing protocol</p>	<p>*Pending IATF Approval*</p> <p>Targets are placed 2 meters apart. If the targets are closer than 2 meters, then every alternate target should be used to ensure social distancing</p> <p>No sharing of equipment; 1</p>	<p>Same as GCO plus:</p> <p>Resume operations of Archery Range at 50% Capacity.</p>	<p>Resume full training and competitions.</p> <p>Archers and any personnel should sign in and sign out giving the day and time they were at the facility. This will enable contact tracing to occur if any infection does occur.</p>

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	<p>their shooting regimen and archery related exercises to be analyzed by the coaching staff</p>		<p>archer:1 target ratio.</p> <p>Archers should use target faces and target pins allocated to them by their club / or range personnel or they provide for themselves</p> <p>Archers should put up their own target faces and re-use or dispose of them at home. This is to minimize articles such as the target faces to be touched by other persons Coaches should always stay at least 2 meters away from their archer/s and other people No physical contact, only non tactile coaching cues and feedback.</p> <p>All equipment should be cleaned with appropriate disinfectant before and after use in the field</p> <p>Assign a facility COVID-19</p>		<p>May perform group exercises as long as physical/social distancing protocols are strictly observed.</p> <p>No sharing of equipment.</p> <p>Bring your own mats, towels, and exercise equipment. Clean equipment and area after use.</p>
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			Health Safety Officer		
GENERAL HYGIENE RECOMMENDATIONS	Mask use is optional during home training. Proper hand washing protocols.	Mask use is optional during home training. Proper hand washing protocols.	Mask use is recommended. Proper hand washing protocols.	Strict observation of use of masks, physical/social distancing, and handwashing protocols.	Strict observation of use of masks, physical/social distancing, and handwashing protocols.
FACILITY RECOMMENDATIONS	N/A	N/A	<p>Booking/registration system should be in place so that time slots for archers are staggered to avoid too many people on the field at any one time.</p> <p>All persons entering the range must fill up a Health Declaration and COVID-19 Exposure Form.</p> <p>Persons with symptoms shall not be allowed to enter the range.</p> <p>To minimize contact with other archers or members, there is no need to remain at the range if they are not shooting.</p>	<p>Same as GCQ plus:</p> <p>For Indoor Archery range at the malls, 50% Capacity is Recommended.</p>	<p>Consider testing athletes, coaches, participants, and staff.</p> <p>To minimize contact with other archers or members, there is no need to remain at the range if they are not shooting.</p> <p>Booking/registration system should be in place so that time slots for archers are staggered to avoid too many people on the field at any one time.</p> <p>Range personnel must provide soap, disinfectant</p>

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			No social facilities/cafeterias or changing rooms should be opened unless authorized by the LGU or public health authorities and in full implementation of their recommendations.		wipes and disposable / single-use hand towels if there is a need for anyone to use the toilet.
SPECTATOR / ADDITIONAL PERSONNEL	N/a	N/a	N/a	No spectators allowed Maximum one (1) companion if athlete is a minor – properly protected and distanced	No spectators allowed Maximum one (1) companion if athlete is a minor – properly protected and distanced