



**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

ATHLETICS

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*	Everyone is advised to “Stay -at- Home” No mass transportation No interzone travel No mass gathering Gyms, fitness facilities are closed	APOR allowed to travel <20 and 60 and above are to stay at home Limited mass transportation Sports travel is still non-essential No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering Sporting events are prohibited Gyms, fitness facilities are closed Water parks are not allowed to operate	Movement for leisure purposes are not allowed; essential travel only <20 and 60 and above may be allowed to go outdoors only for exercise Intrazonal travel allowed, Interzonal travel allowed Public transportation allowed to operate at limited capacity Category IV (fitness, kids establishments are still not allowed to operate) School sports are still suspended Interzonal movement allowed No mass gathering	All persons allowed to move outside of residence Intrazonal travel allowed, Interzonal travel allowed Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/table tennis/swimming) are allowed – NO SHARING of equipment Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena Category IV (fitness, kids	NO DETAILED GUIDELINES yet as of May 23, 2020 Intrazonal travel allowed, Interzonal travel allowed

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		<p>Individual, Outdoor exercises are allowed within the zone-walks, jogs, biking, running Rehab clinics are on skeletal workforce No face to face school classes</p>	<p>Sporting events are prohibited Gyms, fitness facilities are closed No face to face classes; school sporting events are not allowed Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p>	<p>establishments are allowed to operate at 50% capacity) Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e-bikes encouraged Face to face classes may be conducted but no gatherings. Gathering of up to 10 socially distanced persons are allowed Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	
SPORT ACTIVITY RECOMMENDATIONS	Movement is limited to home training and physical fitness.	<p>Individual training (technical skills, acceleration, speed, endurance, plyometrics, etc) is done within subdivision/ barangay</p> <p>Solo runs within their own subdivisions/ barangays.</p>	<p>Individual training (technical skills, acceleration, speed, endurance, plyometrics, etc) in outdoors is allowed except in training facilities.</p> <p>Solo runs within an athletic outdoor environment.</p>	<p><u>*For Recommendation. Pending Approval of IATF as a MGCQ Activity</u></p> <p>Training outdoors and in small groups (max of 10pax) is allowed but practice social distancing.</p> <p>For individual skill set training,</p>	<p><u>*For Recommendation. Pending Approval of IATF</u></p> <p>Full Team Training as long as athletes and coaches secure a quarantine pass when reporting.</p> <p>Coaches and Athletes coordinate workouts in a</p>

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				<p>groups of 5 people are allowed. Face to Face or one-on-one coaching is allowed.</p> <p>Athletes and Coaches need to secure a quarantine pass when reporting to training.</p> <p>Scheduling of training sessions in public gyms and sports facilities must be followed to ensure only 50% capacity is maintained.</p> <p>Field Events (Jumps and Throws): Alternate jumps and throws. They will wait for the jumper/thrower to come back to a safe space.</p> <p>Track Events: Alternate start and avoid slipstream of athletes up front. Alternate use of lanes with 2m distance.</p>	<p>safe environment.</p> <p>Field Events (Jumps and Throws): Alternate jumps and throws. They wait for the jumper/thrower to come back to a safe space (subject to change)</p> <p>Track Events: Alternate start and avoid slipstream of athletes up front. (subject to change)</p> <p>Competitions will require IATF approval.</p>
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<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Proper hand washing before and after home workout</p>	<p>Proper hand washing before and after home workout</p> <p>Avoid close contact to fellow athletes/ joggers.</p> <p>No sharing of equipment.</p> <p>Mask use is recommended to and from outdoor training, not during training.</p>	<p>Proper hand washing before and after home workout</p> <p>Avoid close contact to fellow athletes/ joggers.</p> <p>No sharing of equipment</p> <p>Mask use is recommended to and from outdoor training, not during training.</p>	<p>'Get in, Get Out' – Arrive ready to train and shower at home</p> <p>Proper hand washing before and after home workout</p> <p>Avoid close contact to fellow athletes/ joggers.</p> <p>No sharing of training equipment or disinfect equipment after every use when training in small groups.</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> <p>Disinfection protocol of footwear and</p>	<p>'Get in, Get Out' – Arrive ready to train and shower at home (subject to change)</p> <p>Proper hand washing before and after home workout</p> <p>Avoid close contact to fellow athletes/ joggers. (unless</p> <p>No sharing of training equipment. (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 (subject to change)</p> <p>Disinfection protocol of footwear and</p>
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				<p>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 spitting or clearing of throat/nose everywhere. For male athletes, no urinating in public areas.</p> <p>Upon Post-Training:</p> <ul style="list-style-type: none"> • No locker room usage • Avoid group gathering, thus maximize the use of online platforms in debriefing • Must leave the training venue immediately and individually. <p>A health declaration</p>	<p>clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and sneeze etiquette</p> <p>No spitting or clearing of throat/nose everywhere. For male athletes, no urinating in public areas.</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p>
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				form completed with contact details must be filled up prior to training for possible contact tracing	
FACILITY RECOMMENDATIONS				<p>Protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 safety officer to cross-check venue health measures</p> <p>Proper implementation of hygiene and sanitation</p> <p>Social distancing enforced within venues</p> <p>Avoid group gatherings</p> <p>No water bottle, No entry (players advised to bring own water to</p>	<p>Protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage (subject to change)</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 safety officer to cross-check venue health measures</p> <p>Proper implementation of hygiene and sanitation</p> <p>Social distancing enforced within venues (subject to change)</p> <p>No water bottle, No entry (players advised to bring own water to</p>

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				<p>training sessions</p> <p>Temperature monitoring implemented</p> <p>Venue to have hand sanitation measures at entry and exit points with hygiene guidelines</p> <p>Sanitation areas for equipment (buckets, water, sanitizers, towels)</p>	<p>training sessions</p> <p>Temperature monitoring implemented</p> <p>Venue to have hand sanitation measures at entry and exit points with hygiene guidelines</p> <p>Sanitation areas for equipment (buckets, water, sanitizers, towels)</p>
SPECTATOR ADDITIONAL PERSONNEL				<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> <p>Spectators will be allowed if and when approved by IATF with social distancing measures</p>

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