



**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

DRAGON BOAT, CANOE, & KAYAK

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GUIDELINES FOR DRAGON BOAT, CANOE, & KAYAK

SPORT SPECIFIC FRAMEWORK					
DRAGON BOAT, CANOE, & KAYAK	A	B	C	D	E
	ECQ	MECQ	GCO	MGCQ	NO CO
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCO)	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>Gyms, fitness facilities are closed</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>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</p>	IATF RESTRICTIONS S**

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		<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>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>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,</p>	<p>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 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>	
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			<p>tennis, badminton, equestrian and skateboarding are allowed— limited clubhouse basic operations</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 RECOMMENDATIONS	<p>Home training is allowed.</p> <p>Boat Training is not allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> Paddling techniques, if there is a 	<p>Home training is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> Paddling techniques, if there is a personal swimming 	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCO ACTIVITY</u></p> <p>Water Training in a single boat at least 6 meters apart (per lane)</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCQ ACTIVITY</u></p> <p>Boat training is allowed up to 4 paddlers in</p>	<p>IF ALLOWED:</p> <p>Canoe doubles (C2) and Kayak doubles (K2) are allowed.</p> <p>Dragon Boat training may be allowed up to 10-seater boats.</p>

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	<p>personal swimming pool available.</p> <ul style="list-style-type: none"> • Strength training, utilizing available home equipment. • Conditioning drills at home. 	<p>pool available.</p> <ul style="list-style-type: none"> • Strength training, utilizing available home equipment. • Conditioning drills may be done outside but only within the area of residence. 	<p>individual paddling.</p> <p>Canoe singles (C1) and Kayak (K1) singles are allowed.</p> <p>No person to person interaction and no sharing of paddles, knee pads or boats.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> • Strength training, utilizing available home equipment. • Conditioning drills may be done outside but only within the area of residence. 	<p>a 10-seater boat.</p> <p>Face-to-face coaching is allowed. Coaches' boat capacity is limited to 2 persons.</p> <p>Boats must be at least 6 meters apart (per lane).</p> <p>Canoe (C1) and Kayak (K1) singles are allowed.</p> <p>Weight training inside the training facility (Docksites) is allowed at 50% capacity on a staggered appointment basis.</p> <p>Continue supplemental home programs.</p> <p>Virtual Time-trial competitions for the ff: (if available)</p>	<p>Virtual Time-trial competitions for the ff:</p> <p>Canoe doubles Kayak doubles Dragon Boat</p> <p>Normal competitions are allowed when COVID-19 vaccines are available.</p>
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				Canoe singles Kayak singles	
GENERAL HYGIENE RECOMMENDATIONS	<p>Sanitize Equipment, before and after use.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Health declaration for the past 14 days.</p> <p>Strictly no person to person interaction, and no sharing of equipment (paddles, boats, gym equipment)</p> <p>Practice Social Distancing while training outside of the residence and inside the training facility.</p> <p>Sanitize Equipment , before and after use.</p> <p>Frequent hand washing is a must.</p>	<p>Health declaration for the past 14 days.</p> <p>Practice Social Distancing while training outside of the residence and inside the training facility.</p> <p>Sanitize Equipment, before and after use.</p> <p>Strictly no person to person interaction, and no sharing of equipment(p addles, boats, gym equipment)</p> <p>Frequent hand washing is a must.</p>
FACILITY RECOMMENDATIONS				Facility (Docksite) must	Facility must operate at only 50% of

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				<p>operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing of Facility staff. Temperature check upon entry of the facility.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Scheduled training, limited to persons each training session.</p> <p>Locker Room may only be used for changing of clothes. Strictly 5 persons at a time.</p> <p>Regular cleaning and disinfectin</p>	<p>maximum capacity.</p> <p>Consider COVID-19 testing and Vaccination (if available) of Facility staff.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Regular cleaning and disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> <p>IF ALLOWED:</p> <p>Individual shower cubicles may be allowed for use.</p>
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				g of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment , etc.)	
SPECTATOR ADDITIONAL PERSONNEL	No spectators allowed.	No spectators allowed.	No spectators allowed.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training area.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training area.