



**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

# **FENCING**

# 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 <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>Sporting events are prohibited</p> <p>Gyms,</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, <b>kid’s</b> establishments are still not allowed to operate)</p> <p>School sports are still</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>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>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, <b>kid's</b> establishments can operate at 50% capacity)</p> <p>Transportation can 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 can operate at maximum 50% capacity</p>	
SPORT ACTIVITY SUGGESTIONS	<p>TRAINING AT HOME</p> <p>1. STRENGTH AND</p>	<p>TRAINING AT HOME</p> <p>1. STRENGTH</p>	<p>TRAINING AT HOME</p> <p>1. STRENGTH AND</p>	<p>TRAINING AT HOME</p> <p>1. STRENGTH AND</p>	<p><b>“NEW NORMAL”</b></p> <p>TRAINING AT PHILSPORTS COMPLEX</p> <p>1. STRENGTH</p>

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	<p>CONDITIONING LEVEL 1 (With the use of Improvised Equipment) (3x a week)</p> <p>2. ONLINE FENCING TRAINING a. Fencing Drills b. Legwork c. Arm drills (Pads) *Guided by coach (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>AND CONDITIONING LEVEL 2 (With the use of Improvised Equipment) (3x a week)</p> <p>2. ONLINE FENCING TRAINING a. Fencing Drills b. Legwork c. Arm drills (Pads) *Guided by coaches (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>CONDITIONING LEVEL 2 (With the use of Improvised Equipment) (3x a week)</p> <p>2. ONLINE FENCING TRAINING a. Fencing Drills b. Legwork c. Arm drills (Pads) *Guided by coaches (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>CONDITIONING LEVEL 3 (With the use of improvised equipment) (3x a week)</p> <p>2. ONLINE FENCING TRAINING a. Fencing Drills b. Legwork c. Arm drills (Pads) *Guided by coaches (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>AND CONDITIONING a. Weight training Gym b. 3x a week</p> <p>2. TRAINING DIVIDED IN TO 3 SHIFTS. 2 HOURS PER TRAINING AND 10 PERSONS MAXIMUM PER TRAINING SESSION MORNING 9:00-11:00AM AFTERNOON 2:00-4:00PM 5:00-7:00PM</p> <p>3. SPORTS PSYCHOLOGISTS CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>MASK USE IS RECOMMENDED DURING TRAINING  HANDWASHING IS REQUIRED</p>	<p>MASK USE IS MANDATORY WHENEVER STEPPING OUT OF THEIR RESIDENCE DURING TRAINING</p>	<p>MASK USE IS MANDATORY WHENEVER STEPPING OUT OF THEIR RESIDENCE DURING TRAINING  SOCIAL DISTANCING BETWEEN</p>	<p>MASK USE IS MANDATORY WHENEVER STEPPING OUT OF THEIR RESIDENCE DURING TRAINING  EQUIPMENT IS SANITIZED</p>	<p>A. ASSIGNMENT OF TEAM SAFETY PROTOCOL OFFICER B. SWAB TESTING IS A REQUIREMENT FOR ALL</p>

		<p>HANDWASHING IS REQUIRED</p>	<p>PERSONS FACILITY PROTOCOLS FOR DISINFECTION ARE ENFORCED</p> <p>NO SHARING OF EQUIPMENT</p> <p>HANDWASHING IS REQUIRED</p>	<p>ENGINEERING AND SAFETY PROTOCOLS, DISINFECTION OF EQUIPMENT</p> <p>HANDWASHING IS REQUIRED</p>	<p>COACHES, ATHLETES, AND STAFF ENTERING TRAINING FACILITY AND/OR DORMITORIES.</p> <p>C. DAILY HEALTH SYMPTOMS QUESTIONNAIRE SCREENING FORM WITH LOGBOOK</p> <p>D. BODY TEMPERATURE TESTING, STERILIZATION MATS</p> <p>E. DISINFECTION OF FACILITIES, PROVISION OF ALCOHOL, HAND SANITIZERS AND SOAP.</p> <p>F. STRICT IMPLEMENTATION OF SOCIAL DISTANCING 3 METERS PERSON TO PERSON</p> <p>G. USE OF FACE MASK, RESPIRATORY ETIQUETTE,</p>
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HAND WASHING  
BRING OWN ALCOHOL.  
FENCERS SHOULD COME DIRECTLY FROM HOME, FULLY DRESSED FOR TRAINING ALREADY

H. LIMITED TO 10 PERSONS IN THE FENCING HALL. 2 COACHES 8 ATHLETES PER TRAINING SESSION ARE ALLOWED)

I. STRICTLY NO SHARING OF EQUIPMENT, FENCING MASK FENCING UNIFORM SWORD AND BODY WIRES GLOVES

J. WARM UP AND FENCING DRILLS WITH 3 METERS SOCIAL DISTANCING

K. NO HANDSHAKE, ONLY SALUTE AFTER THE LESSON WITH THE COACH AND PRE

					<p>FENCING</p> <p>L. OUTDOOR SHOES ARE NOT ALLOWED INSIDE THE FENCING HALL. PROVIDE A DIFFERENT FENCING SHOES WHEN ENTERING THE HALL</p> <p>M. STRICTLY ENFORCE OF TEMPERATURE MONITORING EVERY TRAINING</p> <p>N. BRING YOUR OWN WATER BOTTLES FOR PERSONAL USE.</p>
FACILITY RECOMMENDATIONS	N/A	N/A	N/A	ONLY NATIONAL TEAM AND NATIONAL COACHES CAN TRAIN IN THE FENCING GYM IN ULTRA	NATIONAL TEAM, NATIONAL COACHES SELECTED INVITED FENCERS FROM UNIVERSITIES CAN TRAIN IN THE FENCING GYM IN ULTRA.
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	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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