



**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 SKATING

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

SPORT SPECIFIC FRAMEWORK					
PORT	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	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	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	NO DETAILED GUIDELINES yet as of May 23, 2020 Intrazonal travel allowed, Interzonal travel allowed

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		<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>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</p>	<p>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 allowed to operate at</p>	
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			basic operations	maximum 50% capacity	
SPORT ACTIVITY SUGGESTIONS	<p>Online strength and conditioning training</p> <p>Home based skill training</p> <p>Use of own equipment</p>	<p>Online strength and conditioning training</p> <p>Home based skill training</p> <p>Use of own equipment</p>	<p>Online strength and conditioning training</p> <p>Home based skill training</p> <p>Inline Skating within vicinity of home</p> <p>Use of own equipment only (i.e. protective gears for speed skating)</p>	<p>On-ice training sessions in small groups (up to 3 skaters per group) may resume, following physical distancing and hygiene regulations in and outside the field of play</p>	<p>On-ice training sessions can include groups of up to 10 skaters.</p> <p>Team training with coaches and athletes observing proper distancing and wearing of mask</p> <p>Training camps with one or two guest coaches will be allowed, subject to IATF approval</p> <p>Local and national competitions, training camps, and events will be allowed. Participation of foreign athletes (non-Philippine residents) is not allowed.</p> <p>If IATF permits, During competitions, warm-up groups will be limited to a maximum of 5</p>

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					skaters per group. Physical distancing and hygiene regulations will be enforced among athletes, officials, coaches, and chaperones.
GENERAL HYGIENE RECOMMENDATIONS	Mask use is recommended; frequent handwashing	Mask use is recommended; frequent handwashing; disinfection protocol if with equipment (change of footwear when indoors and outdoors)	<p>No body contact</p> <p>Use of limited public equipment</p> <p>Mask use is required; frequent handwashing; disinfection of equipment (skating shoes, protective gears for speed skating)</p> <p>Cross contamination precautions (water bottles, towel)</p> <p>Physical distancing</p>	<p>Equipment must be disinfected before and after use</p> <p>Social distancing between persons on and off ice</p> <p>Mask use is required</p> <p>No deliberate contact</p> <p>No sharing of equipment</p> <p>Cross contamination precautions (water bottles, towel)</p>	<p>Mask use is necessary off ice</p> <p>Hand washing/Hand sanitizing is necessary before entering the venue</p> <p>Equipment must be disinfected after use</p> <p>Physical distancing and hygiene regulations are still to be observed outside field of play.</p> <p>No sharing of equipment No deliberate contact</p> <p>Cross contamination precautions (water bottles, towel)</p>

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<p>FACILITY RECOMMENDATIONS</p>	<p>No sporting events, training camps, competitions</p> <p>No regular on-ice training sessions (ice skating rinks remain closed)</p>	<p>No sporting events, training camps, competitions</p> <p>No regular on-ice training sessions (ice skating rinks remain closed)</p>	<p>No sporting events, training camps, competitions</p> <p>No regular on-ice training sessions (ice skating rinks remain closed)</p>	<p>Hand washing/Hand sanitizing is necessary before entering the venue</p> <p>Alcohol/Hand sanitizers must be placed at the entrance of the facility and at the rink</p> <p>Regular disinfecting before and after use of the facility</p> <p>Disinfecting station for equipment used.</p> <p>Engineering and safety protocols Assignment of team safety protocol officer</p> <p>Ice skating rinks may be allowed to open (subject to government decision regarding opening of malls and lifestyle centers)</p>	<p>Alcohol/Hand sanitizers must be placed at the entrance of the facility and at the rink</p> <p>Regular disinfecting after use of the facility</p> <p>Consider testing and vaccination for players/athletes/participants and facility staff</p> <p>On-ice training sessions can include groups of up to 10 skaters.</p> <p>Engineering and safety protocols Assignment of team safety protocol officer</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</p>
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				<p>No major events, competitions</p> <p>No common shower and changing areas</p> <p>No loitering at the venue</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>All coaches, athletes, and associated chaperones participating in training sessions should be tested prior to the start of resumption of training. Those who have positive results are not allowed to resume</p>	<p>details must be filled up prior to playing for possible contact tracing</p> <p>Facility protocols for disinfection are enforced</p>
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				participation in training.	
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	No Spectators Maximum one companion if necessary, especially minors—properly protected and distanced	No Spectators Maximum one companion if necessary, especially minors—properly protected and distanced