



**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

# **KARATEDO**

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

SPORT SPECIFIC FRAMEWORK					
	A	B	C	D	E
<p>COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING</p>	<p>HIGH RISK (ECQ)</p>	<p>HIGH RISK (MECQ)</p>	<p>MODERATE RISK (GCQ)</p>	<p>MODERATE RISK (mGCQ)</p>	<p>LOW RISK/ No Community Quarantine covid environment <b>“NEW NORMAL”</b></p>
<p>IATF RESTRICTIONS**</p>	<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 &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, 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>&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, kids establishments are still not allowed to operate)</p> <p>School sports are still suspended</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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, 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>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>(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> <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</p>	
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				facilities are allowed to operate at maximum 50% capacity	
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<p>KARATE (JAL KUMITE)</p> <p>AND</p> <p>KARATE (INDIVIDUAL KATA)</p>	<p>NSA COACHES APPROVED PROGRAM HOME WORKOUT:</p> <p>STRENGTH AND CONDITIONING WITH THE USE OF IMPROVISED EQUIPMENT.</p> <p>JOGGING AND CARDIO WITHIN HOME PREMISES</p> <p>KATA AND KUMITE DRILLS ONLINE SUPERVISION BY NSA COACHES</p> <p>INDIVIDUAL KATA CAN TRAIN FOR ONLINE COMPETITIONS</p>	<p>NSA COACHES APPROVED PROGRAM HOME WORKOUT:</p> <p>STRENGTH AND CONDITIONING WITH THE USE OF IMPROVISED EQUIPMENT.</p> <p>JOGGING AND CARDIO WITHIN HOME PREMISES, KATA AND KUMITE (WITHIN SUBDIVISION, VILLAGE, BARANGAY – INTRAZONAL MOVEMENT ALLOWED)</p> <p>DRILLS ONLINE SUPERVISION BY NSA COACHES.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p> <p>PRACTITIONERS &lt;20 YRS AND 60 YRS AND OLDER SHOULD TRAIN AT</p>	<p><u>*PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>NSA COACHES APPROVED PROGRAM:</p> <p>INDIVIDUAL TRAINING OUTSIDE (JOGGING, STRENGTH AND CONDITIONING) WITH NO PERSON TO PERSON INTERACTION.</p> <p>INTERZONAL TRAVEL IS ALLOWED: 1.GCQ TO MGCCQ IS ALLOWED 2.GCQ TO EITHER MECQ OR ECQ – NOT ALLOWED</p> <p>INTRAZONAL TRAVEL: GCQ TO GCQ/ WITHIN GCQ AREAS IS ALLOWED</p>	<p>NSA COACHES APPROVED PROGRAM:</p> <p>SMALL GROUPS (UP TO 10 PEOPLE) TRAINING OUTDOORS WITH COACH WITH SOCIAL DISTANCING</p> <p>INTERZONAL &amp; INTRAZONAL TRAVEL IS ALLOWED</p> <p>INDIVIDUALIZED TRAINING AND NO CONTACT.</p> <p>NO SHARING OF EQUIPMENT.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN</p>	<p>NSA COACHES APPROVED PROGRAM:</p> <p>SMALL GROUPS TRAINING IN THE GYM OR OUTDOORS WITH COACH.</p> <p>NO SHARING OF EQUIPMENT.</p> <p>INTERZONAL &amp; INTRAZONAL TRAVEL IS ALLOWED</p> <p>TRAINING WITH PLAYERS INDOOR OR OUTDOOR SUPERVISED BY COACH IN SMALL GROUPS IS ENCOURAGED WITH SOCIAL DISTANCING.</p> <p>INDIVIDUAL KATA AND KUMITE CAN JOIN COMPETITIONS.</p>
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		HOME/ WITHIN HOME PREMISES	<p>KATA AND KUMITE DRILLS CHECKED ONLINE BY NSA COACHES.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p> <p>PRACTITIONERS &lt;20 YRS AND 60 YRS AND OLDER MAY TRAIN OUTDOORS</p>	ONLINE COMPETITIONS.	
GENERAL HYGIENE RECOMMENDATIONS	<p>MASK USE IS RECOMMENDED</p> <p>HANDWASHING IS A MUST</p>	<p>MASK USE IS RECOMMENDED</p> <p>HANDWASHING IS A MUST</p>	<p>SOCIAL DISTANCING BETWEEN COACH AND ATHLETE.</p> <p>GYM AND EQUIPMENT MUST BE SANITIZED AND DISINFECTED BEFORE AND AFTER WORKOUT.</p>	<p>SOCIAL DISTANCING BETWEEN COACH AND ATHLETE.</p> <p>GYM AND EQUIPMENT MUST BE SANITIZED AND DISINFECTED BEFORE AND AFTER WORKOUT.</p>	<p>CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANTS IN PREPARATION FOR “ACTUAL” RESUMPTION OF ORGANIZED SPORT</p> <p>CONSIDER TESTING FACILITY STAFF</p>
FACILITY RECOMMENDATIONS	N/A	N/A		IF FACILITY IS PERMITTED TO OPERATE, TRAINING WITHIN THE DOJO IS PERMITTED WITH PROPER SOCIAL DISTANCING	CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANTS IN PREPARATION FOR “ACTUAL” RESUMPTION OF ORGANIZED SPORT

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				AND SANITATION OF VENUE.	CONSIDER TESTING FACILITY STAFF
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	ONLY ONE ACCOMPANYING PERSON IF A CHILD	NO SPECTATORS ALLOWED  MAXIMUM ONE COMPANION AS NECESSARY - PROPERLY PROTECTED AND DISTANCED	NO SPECTATORS ALLOWED  MAXIMUM ONE COMPANION AS NECESSARY PROPERLY PROTECTED - AND DISTANCED